

Zone

5-19

Children and Young People's Health and Wellbeing Service

Support with:

Health and Lifestyle

- Nutrition • Sleep • Continence
- Smoking • Alcohol and substance misuse

Growing up

- Body changes
- Transition to secondary school

Emotions

- 1-1 support and parental advice (bereavement, body image, bullying)

Relationships

- LGBTQ+ • Healthy relationships advice
- Exploitation

Sexual Health

- Contraception • Advice • Support
- Testing and treatment

Visit our website for:

- Ordering STI tests and contraception
- Self-management of care information and support
- Opening times, Monday to Saturday (closed Sunday)



Zone5-19.rdash.nhs.uk

Call us on:

Young people: **03000 213032**

Parents and professionals:
03000 218997

Drop-in to our city centre hub at: **The Flying Scotsman Centre**
St Sepulchre, Doncaster DN1 3AP.

11-19
eClinic



FREE app for all Doncaster young people, parents/carers
Get direct contact with a health professional and discuss any health related issues using instant messaging on your mobile or tablet.

PARENT PLUS
eClinic



Follow us on:

@doncasterzone5to19 @doncasterzone5to19 @donny5to19 @zone5_19