

Contacts

Kids Help Line
1800 55 1800

Lifeline
13 11 14

St George Youth Services
9556 1769

Pole Depot YouthZone
9580 8008

Family Planning NSW Healthline
1300 658 886

Sexual Health Info Line
1800 451 624

Alcohol and Drug Information
Service
9361 8000

Links

Headspace
www.headspace.org.au

Reachout
www.reachout.com

Somazone
www.somazone.com.au

Like It Is
www.likeitis.org.au

Livesmart
www.livesmart.net.au

Partners



St George Division of General Practice



St George Youth Services



South Eastern Sydney
Illawarra Area Health Service



Pole Depot YouthZone

theuz@upzoneyouthhealth.com.au
www.upzoneyouthhealth.com.au

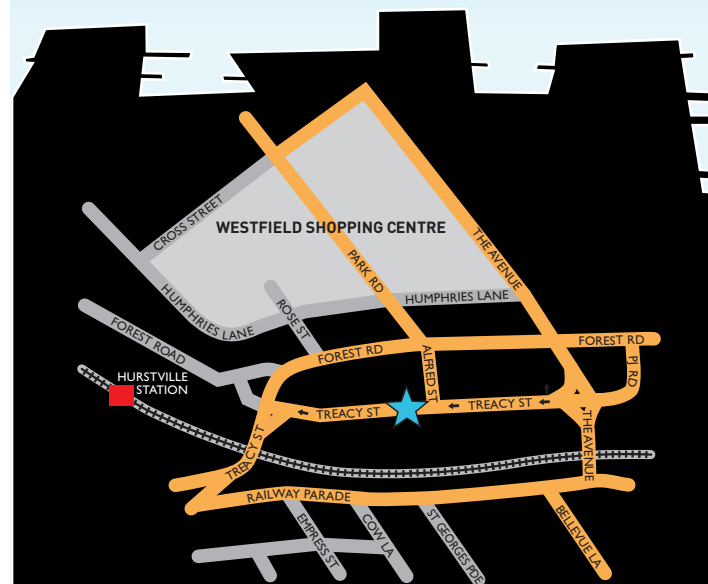


The UpZone Youth Health Centre

rock UP

speak UP

check UP



A FREE health service
for young people under 25 years
18 Tracy Street Hurstville 2220

9570 9678

What's available at the UpZone?

The UpZone is a free health centre for young people aged 12 – 25 years. Co-located with Pole Depot YouthZone it provides a holistic range of health services in a youth friendly setting.

The centre is coordinated by our on-site Youth Health Nurse, who is available for a chat, and can assist with health information and service referrals.

GP Service

The UpZone GP Service is staffed by youth friendly General Practitioners (GPs). GPs are doctors who can do check-ups or chat to you about any health concerns you might have.

They can help you with:

- Physical illness and injury
- Emotional issues such as stress, anxiety and depression
- Contraception and pregnancy
- Diet, nutrition and exercise
- Cigarette, alcohol and drug use
- Immunisation
- Referrals or information for other health and support services

Bring your Medicare card or let us help you apply for one!

Our friendly GPs speak languages other than English and a telephone interpreter service is available.

Sexual Health Clinic

This is a confidential service and you can ask our sexual health nurse about:

- Sexually transmitted infection (STI) testing
- Pregnancy testing
- Contraception advice
- Safe sex, condoms, dams or lubricant

A Medicare card is not needed for this service.

Counselling Service

A friendly Clinical Psychologist can support you to make positive changes in your life. By reducing stress, anxiety and depression your emotional wellbeing can be improved.

Depression and anxiety can often be related to difficulties with relationships, family problems, and drug and alcohol issues.

Referral, for a limited number of sessions, is available through a GP, including our UpZone GPs, and is by appointment only.

Cannabis Support Service

The Sutherland Cannabis Clinic provides a counselling service for young people over 16 years of age and their family and friends.

**Call our Youth Health Nurse
on 9570 9678 to find out
what days and times
our services are on.**

The UpZone is supported by:

Pole Depot YouthZone

YouthZone provides a range of youth services including a School Holiday Program, Drop-In Café with recreational activities, Street Work, Homework Help and school education projects.

For more information contact YouthZone on **9580 8008**.

St George Youth Services

St George Youth Services provide a range of youth and community development programs including the READY alcohol and other drug education project, GLYSSN same-sex attracted support project and Reconnect youth and family service.

For more information contact St George Youth Services on **9556 1769**.

