



## teen health centre

### THC Medical and Nursing Services

Teen Health Centre's team of medical professionals **specialize in the health of young people** aged 12 to 24 years. The doctors and nurses **understand the confusion** people can experience as their bodies undergo the rapid changes common during adolescence.

Our clients tell us they **feel secure and respected** whenever they visit one of our medical staff. Our approach is **wholistic**. We consider the clients lifestyle, family environment, personal relationships, stress level and other factors that affect physical and emotional well-being.

We also understand that **young people are often misguided by incorrect information**, leaving them unable to make the right choices. Our **staff encourages clients to ask questions and can provide the latest information** about medical and emotional concerns.

Our **services are** confidential and are covered through the Ontario Health Insurance Plan or through other financial support.

To see a medical professional, walk into THC and ask. To avoid waiting, make an appointment first. Our nurses can **answer many of your questions** right over the telephone.

Our staff includes **general practitioners, registered nurses, a clinical psychologist and a dietician.**

Clients come to us for:

- annual health exams
- general Health concerns eg. sore throat, flu, etc.
- information on birth control methods and abstinence
- sexually transmitted disease (STD)
- diagnosis and treatment
- pelvic examinations
- pregnancy tests, counselling and prenatal care
- depression and anxiety assessment
- eating disorders, bulimia and anorexia nervosa
- smoking cessation
- acne and skin care
- sports injuries and nutrition
- sexuality and puberty information

**To make an appointment, call 253-8481 and press 1 at the voice mail prompt.**

**To discuss your concerns with a nurse over the telephone, dial extension 223 or 233.**

**Please bring your Health card with you for every visit to receive treatment.**

**Medical personnel are on duty:**

Monday.....9am-6pm  
Tuesday.....9am-8pm  
Wednesday.....9am-6pm  
Thursday.....9am-8pm  
Friday.....9am-5pm

**Physician on call after hours**

**Teen Health Centre  
Serving Windsor & Essex County  
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