

Seeking Help & Advice



Many young people have lots of questions to ask or have concerns about lots of issues including relationships, sexual health, contraception and drugs and alcohol but feel too embarrassed to talk to their parents or carers. Young people also worry about their rights and privacy (confidentiality) to medical help, advice or treatment .

Every young person including those under 16 can expect a health professional including doctors and nurses to keep anything they are told private. Young people including those under 16 do not have to have parents/carers permission to see a doctor or a nurse.

Only in exceptional circumstances will a doctor or nurse believe that by keeping something private and confidential will put that young person or someone else at risk. For example, if a doctor or nurse suspected that the young person they were seeing was being seriously harmed, he or she would wish to involve other professionals in order to help that young person. Even if this was the case, no information would be passed on without discussing this with the young person first.

Young people can also regardless of age give consent to medical treatment. However, there may be reasons including medical reasons for not prescribing treatment to a young person, but, even if treatment is refused the doctor or nurse can still maintain confidentiality.

Finally, it can be really helpful to talk to parents/carers or another trusted adult. Confiding in someone may help to make life much happier.

Places where young people can receive confidential help, information, advice and treatment include:

- Young Person's Clinics
- Contraceptive Clinic
- Sexual Health Clinic
- GP Surgeries
- Hospitals
- NHS Walk-In Centres
- School Nurses

Young people do not have to be in a sexual relationship to ask for help, information or advice