

## Who can use this service?

Young people aged 12 to 25 who live, work, study or play in Brimbank, Wyndham or Hobsons Bay.

Youth health nurses can make referrals to other IPC Health services and external agencies to help you.

## How do I book an appointment?

Contact a Youth Health nurse by calling **1300 472 432** and asking for your nearest campus (Sunshine, St Albans, Altona Meadows, Hoppers Crossing, or Wyndham Vale).

Or you can book an appointment at headspace's Sunshine office. Their youth health service is on every Wednesday at 1pm.

### headspace Sunshine

Visy Cares Hub  
80B Harvester Road  
Sunshine 3020  
Phone: 9927 6222  
headspace.org.au



The youth health service is supported by the Victorian Government.

### IPC Health Corporate Office

106 Station Road  
Deer Park VIC 3023  
PO Box 171 Deer Park VIC 3023

**ACN** 136 685 151  
**ABN** 68 846 923 225

### Deer Park

106 Station Road  
Deer Park 3023

### St Albans

1 Andrea Street  
St Albans 3021

### Sunshine

Level 1, 499 Ballarat Road  
Sunshine 3020

### Altona Meadows

330 Queen Street  
Altona Meadows 3028

### Hoppers Crossing

117–129 Warringa Crescent  
Hoppers Crossing 3029

### Wyndham Vale

510 Ballan Road  
Wyndham Vale 3024

**1300 472 432**

**W** [ipchealth.com.au](http://ipchealth.com.au)

**E** [ipchealth@ipchealth.com.au](mailto:ipchealth@ipchealth.com.au)

**f** IPC Health **in** IPC Health **🐦** IPCHealth\_au

ipcHealth

## Youth Health



## What is the Youth Health service?

The Youth Health service is a free and confidential service for all young people aged 12 to 25.

It's a way for you to get support and information about anything to do with your health and wellbeing.

---

## How can a Youth Health nurse help?

A Youth Health nurse can talk to you about:

- staying safe
- sexual health and wellbeing
- periods and bleeding pattern problems
- testing and information about Sexually Transmitted Infections (STIs)
- pregnancy testing, pregnancy choices and information
- LGBTQIA+ friendly, resources and referrals to other services
- puberty and changes
- options and advice about contraceptives
- other issues you want to talk about
- safer sex advice, including access to free condoms, dental dams or lubricants



## Have you had unprotected sex?

If you've had unprotected sex and want to prevent a pregnancy, get emergency contraception (the morning after pill) from a chemist up to three days after sex.

To get tested for STIs, call your local youth health nurse or doctor to make an appointment with them. Chlamydia is the most common STI in people under 25.

You can easily test for this by giving a urine (pee) sample.

## Is there a fee?

This service is free.

---

## Can I have an interpreter?

Yes, interpreters are free. Please let us know when booking an appointment.

