

KNOW YOUR HEALTH RIGHTS



Contacting your GP

Check the letter from your GP to find:



- Phone Number
- Email
- Website

Contact them to find out more about making your own appointments.

Important



We need to check with you how you want to be contacted and will ask you at your next appointment.

We look forward to listening to you and supporting you.

Hear this leaflet out loud and get links to support:

www.wearespotlight.com/your-rights



Please get in touch with your GP if you need this leaflet in a bigger font.

Are you over 11 years old? - Know your Rights!

Did you know that the way you can get health care will start changing.

This includes how you can:

- **Get appointments with a health professional.**



Someone who is paid to look after your health – like a doctor, nurse or therapist.

- **Get a repeat prescription.**



A letter from the doctor saying you need more of the medicine you had before.

- **See your medical records**



What the health professional writes about you.

- **Health care is private.**



You decide:

- If you want, your parent or carer can still come with you to appointments.
- You can also talk to us without anyone else knowing.
- It is important that adults in your life know that this is OK.

More information

Here is a great website.

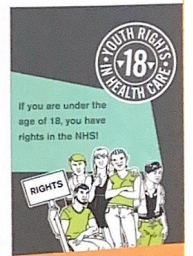
It tells you more about your rights in healthcare and how to see a doctor:

www.seeingthegp.co.uk



Easy read

Here is a great easy read leaflet with more information on health rights for under 18s. bit.ly/3LOEJ68



We are Spotlight

Health Spot is part of Spotlight youth space.

Open to Inspire. Get involved in arts, music, sports, empowerment, work pathways and much more. Also, it's all free to access!

www.wearespotlight.com

[@weare_spotlight](https://www.instagram.com/weare_spotlight)





DOCKLANDS OUTREACH

Believe in
children



Barnardo's



Some other places you can contact for your health care in Tower Hamlets:

Health Spot

Free young people's GP Clinic in Spotlight. See a Doctor or specialist Nurse for free.

www.wearespotlight.com/health-spot

Contact Treaser: treaser@wearespotlight.com

Call / Text / Whatsapp: 07734 346 127

Safe East Sexual Health and Substance Misuse support

www.compass-uk.org/services/tower-hamlets-compass-safe-east/

Call: 020 3954 0091

Email: compass.towerhamletsyphws@nhs.net

Docklands Outreach

Therapy & counselling service for young people in Tower Hamlets.

www.dockout.org.uk/

Call: 07434 643 725

Email: info@dockout.org.uk

Barnardo's Young People's Mental Health support / counselling

www.barnardos.org.uk/get-support/services/young-peoples-emotional-support-service

Call: 0203 988 4706

Email: emotionalwb-th@barnardos.org.uk

Kooth Online Counselling and Support

www.kooth.com

CAMHS (Children and Adolescent Mental Health Service)

Call: 0207 426 2375

Tower Hamlets 24 hour Mental Health Crisis Line

Call: 0800 073 0003

The NHS App

From the age of 13 you can use the NHS APP to manage appointments and order repeat prescriptions.

<https://www.nhs.uk/nhs-app/>