



Identify as Aboriginal or Torres Strait Islander?

One of Youthblock's priority groups is Aboriginal and Torres Strait Islander young people. Youthblock has an Aboriginal Health Education Officer as well as other health staff who will provide a culturally respectful and sensitive youth health service for you. If something is worrying you or you would like to have a general health check, please come in and have a yarn with one of our friendly staff.



Artwork: R Carr

How to find us

We are located at 288 Abercrombie st Redfern, just a short walk from Redfern train station (see map).



Youthblock Youth Health Service

288 Abercrombie st
Redfern

Ph: 9562 5640

Email: youthblock@sswahs.nsw.gov.au

Open Mon-Fri 9am-5pm

(Closed: Wed 9am-11.30am)



AVS 75897



Youthblock Youth Health Services

Free, safe and confidential counseling,
and health support for young people
aged 12-25



Health
Sydney
Local Health District

Who we are

Youthblock provides free, safe and confidential support, counseling, information and health services for young people aged 12 - 25 who live or spend time in the Sydney Local Health District (Inner West of Sydney).

What sort of things we can help with

Nursing and Medical

We have youth health nurses and a doctor at Youthblock who you can come and see about anything related to your health.

This includes:

General Health Checks- hearing, vision, blood pressure and dental referrals.

Sexual and Reproductive Health- quick and easy sexual health check-ups, sexuality, contraception including the pill, Implanon and condoms.

Pregnancy-support around your options and care. Skin Conditions, Immunisation, quit smoking support with free NRT patches.

Our doctors can also prescribe some medications for you.



You don't need a medicare card

It's best for you to ring us to make an appointment but you can also drop into our Nursing Clinic on Mondays 1pm-5pm and Fridays from 9am-2pm.

Sometimes with enough notice, our nurses can come visit you at a youth service, refuge or school in your local area.

Counseling

Youthblock counselors can help you find ways to work through and resolve difficult problems including: depression/anxiety, drugs and alcohol, trauma, relationships, stress, anger and other everyday living concerns.

It's no problem if you'd like to bring a friend or support person with you to Youthblock.



Did you know that Youthblock is a registered Work Development Order (WDO) organisation?

This means that you can work off your WDO hours by visiting a counselor or nurse/doctor here.

For Service Providers

Referral

If you would like to refer a young person to Youthblock for counseling, case management or a nurse/doctor's appointment, please call us between 9am-5pm Mon-Fri (except Wed) and speak to the Intake worker. Depending on capacity, Youthblock staff are willing to meet young people at your service if this is more convenient for the young person.



Health Promotion

Get in touch with one of our health education officers for a full list of engaging youth health workshops we can run at your service. Topics include smoking, alcohol, drug awareness, stress, depression and anxiety, healthy relationships, sexual assault, hepatitis and more.



It's FREE, EASY & CONFIDENTIAL!