

The **PURPLE** pages



Young People's

HEALTH INFORMATION

www.westernyp.com.au



Western Melbourne

Division of General Practice



DOCTORS AND YOUNG PEOPLE

Doctors can help you with emotional problems, relationship problems, drug and alcohol issues, sexuality issues, family planning as well as physical illness. You can choose which doctor you wish to see – it doesn't have to be the same one your family visits.

Choosing a doctor to suit your needs

The doctors who like to see young people as patients have been identified in this booklet and the Youth Friendly Doctor poster identifies their clinic. When choosing a doctor look for

someone you feel comfortable with, someone who you feel is interested in you and listens to what you have to say.

Visiting a doctor

You will need to call the clinic to make an appointment. If you are unable to keep the appointment please call and cancel. Please check beforehand that the Doctor is running on time, also be prepared to wait, you will most likely have to wait even when you have an appointment. Be prepared to come back to your doctor to see how things are going. The first visit will take longer than a usual appointment as the doctor will need to know about your health, lifestyle and concerns you may have before they can help you.

Questions to the Doctor

The Doctor will probably ask you how you are, this gives you the opportunity to tell the doctor the reason for your visit, write

down the questions before you attend. You can start by saying something like:

- I've had sex and I'm worried about getting pregnant, what should I do?
- What do I do if the condom breaks?

The Doctor will ask you questions to help understand your issue and work it through with you. It's important to spend time addressing your real concerns, if you find it hard to speak openly, then write down a list of questions or how you're feeling and give it to the doctor.

Appointments

A standard appointment is between 10–15 minutes. You can ask for a longer appointment if you need more time to talk to the doctor. Ask when making an appointment if there are any costs involved in seeing the doctor.

Is there a cost?

The cost for a visit to the doctor who bulk bills is covered by the Government and is known as Medicare. You will need to sign a Medicare form at the practice and the government will pay the doctor directly.

Medicare

You can use your family's Medicare card or you can legally obtain your own once you turn 15. Call 13 20 11 for an application form to be sent to you. The doctor's receptionist can also call on your behalf and get your Medicare number if you turn up without your card. This means that there is no cost to you if the doctor bulk-bills and you can visit the doctor as often as you need.

How do you pay for a visit to the doctor?

If the doctor doesn't bulk-bill, the cost for the visiting the doctor is shared between the Government and you. This means that you will need to either:

- pay on the day of your visit with the total payment with cash, EFTPOS or credit card. You can then get a proportion of the money back from Medicare by visiting a Medicare office or sending in a completed form.

Or

- pay the difference between Medicare and the extra charge directly to the doctor.

Confidentiality

Doctors will not discuss your problems with anyone unless they have your permission or if you are in a dangerous situation.

YOUR RIGHTS

You have the right to:

- Have a companion with you during the consultation.
- Question any advice given to you.
- Change doctors if you are unhappy with the service.
- Be certain that the information discussed with your doctor will be treated confidentially unless you have advised the doctor otherwise.

**REMEMBER ALL
DISCUSSIONS
WITH YOUR
DOCTOR ARE
COMPLETELY
CONFIDENTIAL**




YOUTH FRIENDLY DOCTORS

(M) Male **(F)** Female

ASCOT VALE


Ascot Vale Health Group

 9370 3322

(M) Dr John McCorkell

BRAYBROOK

Braybrook Family Health

 9318 4111

(F) Dr Pam Kaye

Western Region Health

Centre/Braybrook

 9364 9622

(F) Dr Heather Dowd

(F) Dr Frances Bramwell


FOOTSCRAY


Dr Kollios's Surgery

 9687 1751

 Dr Dimitrios Kollios


Footscray West Medical Centre

 9318 2622

 Dr Louis Luu


The Clinic Footscray


 9687 2271

 Dr John Scopel

Western Region Health Centre/Footscray


 8398 4100

 Dr Frances Bramwell


 Dr Heather Dowd

Youth Outreach Clinic

 9689 5533


 Dr Claire Roczniok
Tuesday afternoon

Keilor Downs Copernicus Clinic

 9367 6645

 Dr Victor Sammut


Maribyrnong Ultimate Health Care


 9317 7000

 Dr Geoffrey Bettenay

MELTON

Djerriwarrh Community Health Service – Backdoor Youth Clinic

 9747 0700

 Dr Sonya Morrissey


Primary Medical & Dental Centre

 8746 0200

 Dr Peter Rankin


 Dr Rod Stobart


Melton Medical Clinic

 9743 5600


 Dr Robert Young


Station Medical Centre

 9743 5913

 Dr Douglas Spence


Westcare Medical Centre

 9743 9888


 Dr Sonya Morrissey

POINT COOK

Lakes Healthwise

 9395 6333


 Dr Anita Ritters

 Dr Jo Ann Silva

ST ALBANS

Arthur Street

 9366 5444


 Dr K Saratchandran


Dr Sherriff's Surgery

 9364 2963


 Dr Talath Sherriff


ISIS—Youth Clinic


 9296 1200


 Dr Sonya Morrissey

St Albans Medical Service

 9367 1122


 Dr Nermana Gradisic

 Dr Peter Kuc

 Dr Maria Wegrzynowski

SUNSHINE

Durham Road Clinic


 9311 6411

 Dr David Bromberger

Sunshine Brimbank Clinic


 9311 0208

 Dr Windsor Choi


 Dr Denis Yeung

 Dr Maria Milone

 Dr Dominic Dinh

 Dr John Croatto

Sunshine Central Medical Clinic

 9311 1337

 Dr Anthony Lo

YOUTH HEALTH SERVICES

**ALWAYS SPEAK TO YOUR DOCTOR
IF YOU HAVE ANY QUESTIONS OR
CONCERNS REGARDING YOUR HEALTH**

Emergency Dial 000 Fire, Police, Ambulance

Crisis & anonymous phone support

Asthma Victoria **1800 645 130**

Care Ring – crisis phone counselling
13 6169

Crisis Pregnancy Counselling **1300 737 732**

Eating Disorders Helpline **9885 0318**

Family Planning Vic **1800 013 952** <25 yrs

Frontyard afternoon drop in clinic
9611 2409 *City*

Healthworks – IV drug users **9362 8100**

KIDS Helpline **1800 551 800** *24hrs*

Lifeline **131 114** *24hrs*

Melbourne Sexual Health Centre **9347 0244**

Sexual Assault

Helpline **9344 2210**

Western **9687 5811**

Suicide Helpline 24 hrs **1300 651 251**

Sunshine Hospital **8345 1333**

Western Hospital

Medical Emergency **8345 6888**

Advice Line 3pm–11pm **8345 5688**

Youth Counselling, Support & Outreach Services

Centacare Catholic Family Services
9689 3888

Djerriwarrh Health Service
9747 0700 *Melton*

Good Shepherd **9364 3200** *St Albans*

ISIS **9296 1200** *St Albans*

Maribyrnong Council **9688 0342**

Melbourne City Mission **9687 4997**

Melton Shire **9747 7200**

Open Family **9689 3200**

ORYGEN **1800 888 320** – enquiries **9342 2800**

Relationships Australia **9364 9033** *Sunshine*

Uniting Care Mission **9311 1161** *Sunshine*

Western Region Health Centre
8379 9400 *Footscray*

**Look around until you find the right person
to talk to, don't give up, keep trying**

To access contact details for other youth health services, agencies and Youth Friendly Doctor updates, please visit our website on www.westerngp.com.au and follow the links.

For further information please call 9689 4566, fax 9689 4544 or e-mail wmdgp@westerngp.com.au

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Developed by the Western Melbourne Division of General Practice.



Western Melbourne

Division of General Practice