



## 95.3% of Young People Recommend The Well Centre

The Well Centre is an innovative **one-stop health shop**, that can help support your young people. On the ground and delivering services now, we are growing all the time having just doubled the number of young people signed-up with us in less than a year, and with **95.3%** of young people using our service saying they would recommend the Well Centre to a friend.

Based in Streatham the Well Centre has recently increased its age range to 13-20yrs old, helping us to support even more young people who can drop-in to any of our drop in sessions. Each session has a youth worker, counsellor and GP on hand to support young people.

### Drop-In Open:

Monday

Wednesday

Thursday

3.30-6.30pm

We are **unique**, bringing youth workers, counsellors and GP's together under one roof, providing easily accessible support that is capable of dealing with complex cases, often without the need to refer on. We have an **holistic** approach, supporting young people with all aspects of their health and wellbeing. And we work in an **integrated** way with local organisations to ensure a comprehensive service.

### Benefits for professionals:

- Your clients receive assessment and advice from GP's with extensive experience in adolescent health care.

- Swift and easy access to Tier 1 and 2 mental health assessment available if needed.
- Experienced youth workers providing on-going holistic support for clients.

The young person remain registered with their home GP, but gains from the additional support provided by the Well Centre.

### **Benefits for young people:**

- Easily accessible support in a youth friendly environment.
- Holistic service means no need to fear being stigmatised for accessing support.
- One-stop shop, with support usually provided without the need to refer-on.
- Just drop-in, no need to book an appointment.

All young people registering with the service receive a thorough assessment. This opportunistic screening and the use of the **“Teen Health Check”**, developed by Dr Stephanie Lamb, means the Well Centre is ideally placed for early case identification and with **prescribers on-site** can provide swift intervention.

An independent evaluation of the Well Centre by London South Bank University completed this year has identified numerous examples of good practice at the Well Centre, including:

**“the centre provides a holistic health service for young people covering all the key conditions identified in the You’re Welcome criteria, with particularly good options for young people with emotional and mental distress and good liaison with CAMHS.”**

**“the centre offers a good range of sexual health services provided in a non-judgemental setting. Young people report that potentially embarrassing subjects are addressed helpfully so that they are put at their ease and feel it is ok to talk about whatever concerns they may have.”**

If you would like to make a referral to our service, please complete our referral form available from our new website [www.thewellcentre.org](http://www.thewellcentre.org) or call us on 020 8473 1581.

To receive Well Centre display materials for your young people, simply email [info@thewellcentre.org](mailto:info@thewellcentre.org) with your address and the quantity of flyers or posters required.

Co-founders of the Well Centre, Dr Stephanie Lamb from Herne Hill Group Practice and John Poyton from the youth work charity Redthread are now working to develop the Well Centre service further. If you're interested in having a Well Centre **pop-up clinic** for your service please call Andrew Eadie, our Service Manager on the number above or email [andrew.eadie@thewellcentre.org](mailto:andrew.eadie@thewellcentre.org)

healthy, safe, happy

a drop-in health centre

for young people aged 13-20yrs old

Monday, Wednesday and Thursday, 3.30-6.30pm

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