



# Free and confidential sexual health testing and/or education @ headspace Canberra 1st Wednesday of each month

Individual appointments for young people will run for approximately 30 minutes, between 1pm and 4pm. You do not need to be a client of headspace Canberra, but you do need to be under the age of 25.

You can speak to your headspace worker, call headspace on 02 6201 5343 to book an appointment, or visit [www.headspace.org.au/Canberra](http://www.headspace.org.au/Canberra) for more information.

Seeing a sexual health nurse from Canberra Sexual Health Centre will allow the opportunity to ask questions you are unsure of or are too embarrassed to discuss with your family or friends. You can get accurate information and your details will remain private and confidential. Parents will not be able to access this information, there is the same level of privacy of medical information as for adults.

### Is parental consent needed?

Young people do not need parental consent to see a nurse. Testing and treatment is available as long as nurses are sure that you fully understand and can give your own consent. This is consistent with standard practice in health services and general practice. If the nurses think you are at significant risk of harming yourself or someone else, or being harmed, they will discuss this with you and explain the need to involve other adults in your care.

### STI testing

If you want to have STI testing we will need some personal details and a way to contact you, usually a mobile number. Testing is easy, it involves providing some basic medical information and then to pass urine into a jar (pee in a pot!). The nurse will talk to you about swabs and blood tests. There is no physical examination. If any of the tests return a positive result, you will be offered free and confidential treatment, management, follow-up and counselling.