



## Youth Health Centre



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**Office hours:**  
**Monday to Friday**  
**8:30 AM to 4:30 PM**

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**Office hours:**  
**Tuesday and Wednesday; every second Friday**  
**8:30 AM to 4:30 PM**

### **Why visit the Youth Health Centre?**

- Sometimes it is hard to be a youth.**
- Sometimes it is hard to be in a relationship.**
- Sometimes we feel worried or stressed.**
- Sometimes we need to talk to someone about feelings.**
- Sometimes we have questions about sexual health.**
- Sometimes we have questions about eating or activity.**
- Sometimes we have concerns about abuse (physical, emotional, or sexual).**
- Sometimes we need more information and support about drugs and alcohol.**
- Sometimes we want to get involved in activities such as the many volunteering options.**
- Sometimes we just need to talk.**

## **CONFIDENTIALITY**

All youth face challenges and sometimes it helps to have someone to go to for information and support. The Youth Health Centre offers safe, confidential and professional care to all youth. The staff can help access other health professionals like a physician/nurse practitioner, an addictions counselor, mental health counselor, men's/women's health centre or others upon request.

GASHA Youth Health Centres provide information, support and referrals to youth in a safe, confidential environment. You have a right to confidentiality when you talk to doctors, nurses, and other professionals. However, there are three exceptions:

**Reporting certain STIs.** Doctors and nurses are required by law to report to Public Health Services if you test positive for certain STIs.

**Reporting Abuse.** If you are under age 16, professionals must report to authorities if they believe that you have been or are being abused. They must report sexual, physical, emotional, and verbal abuse. They must report if you are being neglected, or are witnessing others being abused.

**Reporting danger to yourself or others.** If professionals think there is a clear and immediate danger that you might harm yourself, for example, commit suicide, or harm others.

## **VISION AND RESOURCES FOR YOUTH AND YOUTH HEALTH CENTRES**

Youth Health Centres (YHC's) in Nova Scotia use a youth-centered approach to help young people deal with a variety of health issues that impact their lives (e.g. sexual health, mental health, injury prevention, healthy eating and addictions). Key components of YHC work are youth involvement and engagement, clinical and health promotion services, community development and partnerships, and reaching out to and engaging diverse and/or marginalized youth. Referenced: Youth Health Centres in Nova Scotia: An Evaluation September 2009.

**Vision for working with youth:** Anchored in Ottawa's Charter for Health promotion, Public Health sees health as a resource for living and learning. We aim to empower youth and help them take responsibility for the enhancement, protection and maintenance of their health. We believe in building healthy relationships with youth and engaging them in youth leadership opportunities, personal skill development and supportive programs and services.

**Public health is guided by its purpose statement:** "Public health works with others to understand the health of our communities, and acts together to

**improve health."**

**GASHA (Guysborough Antigonish Strait Health Authority)**

**Web Article by the Search Institute: Discovering What Kids Need To Succeed**

**GASHA: Health Connections**

**Standards for Youth Health Centres in Nova Scotia as the standard for GASHA Youth Health Centres**

**Guidelines for Implementation of Youth Health Centres in Nova Scotia** **Designed to help Youth Health Centres implement system wide standards with respect to developing and maintaining partnerships; orientation and continuing education; and policies and procedures for services and informed consent and privacy.**

**Publication: Evaluation: Youth Health Centres In Nova Scotia**

**Publication: On Being Youth Centred**

**Publication: Growing Up Okay! Contains general information about puberty. Some frank language is used to explain the facts.**

**Youth Health Centres use the Developmental Asset framework as the approach when working with youth, their families, partnering agencies and communities. You can find more information about this at: www.search-institute.org**

**Sex? A Healthy Sexuality Resource.** **This book is about sexuality, relationships and healthy sexual choices. This information is not a substitute for the advice of a health professional. Always consult a health professional for information on personal health matters.**

