

Teenagers / Adolescents have lots of questions. They may include general health, mental health, sexual health, etc.

We at Bowmont Medical Clinic would like to inform patients and parents that information obtained from any patient, including adolescents, will be treated as confidential. Once your child becomes a teenager they will have the opportunity to meet with their Family Physician on their own, for part of the appointment. If you have questions or concerns regarding this practice, or would like further information, please talk with your health care provider.

As a teenager or adolescent or as a parent of a teenager / adolescent, please book an appointment to see your family doctor for a visit and or checkup.

<b>RESOURCES FOR ADOLESCENTS / TEENAGERS</b>	
Kids Help Phone	<a href="http://kidshelpphone.ca/">http://kidshelpphone.ca/</a> offers Crisis Line Help 1.800.688.6868 24 hour help for children and youth ages 5 to 20 years.
Canadian Association Adolescent Health	<a href="http://www.youngandhealthy.ca/caah/">http://www.youngandhealthy.ca/caah/</a>
Teen Health (Nemours)	<a href="http://kidshealth.org/teen/">http://kidshealth.org/teen/</a>
Teen Health MedicinePlus	<a href="http://www.nlm.nih.gov/medlineplus/teenhealth.html">http://www.nlm.nih.gov/medlineplus/teenhealth.html</a>
Society Obstetricians Gynecologists Canada SexualityandU	<a href="http://sexualityandu.ca/">http://sexualityandu.ca/</a>
National Campaign to Prevent Teen Pregnancy Sex and Tech: What's really going on?	<a href="http://thenationalcampaign.org/resource/sex-and-tech">http://thenationalcampaign.org/resource/sex-and-tech</a>
Teen Mental Health	<a href="http://teenmentalhealth.org/">http://teenmentalhealth.org/</a> information for teens & families
eMentalHealth	<a href="http://www.ementalhealth.ca/">http://www.ementalhealth.ca/</a> information on anxiety, stress, depression and addiction
Mind Your Mind	<a href="http://mindyourmind.ca/">http://mindyourmind.ca/</a>
Centers for Disease Control & Prevention	Health Weight: It's not a diet, it's a lifestyle <a href="http://www.cdc.gov/healthyweight/index.html">http://www.cdc.gov/healthyweight/index.html</a>
National Institute of Diabetes & Digestive & Kidney Diseases (NIDDK)	Weight Control Information Network: Take Charge of Your Health: A Guide for Teenagers <a href="http://win.niddk.nih.gov/publications/take_charge.htm">http://win.niddk.nih.gov/publications/take_charge.htm</a>
National Institute on Drug Abuse – Teens	<a href="http://teens.drugabuse.gov/">http://teens.drugabuse.gov/</a>
<b>RESOURCES FOR PARENTS</b>	
Caring for Kids, Canadian Paediatric Society	<a href="http://www.caringforkids.cps.ca/">http://www.caringforkids.cps.ca/</a> See Teen Health tab.
American Academy of Pediatrics	"Talking to Kids and Teens About Social Media and Sexting" <a href="http://www.aap.org/">http://www.aap.org/</a> Type title in search box.
Parent Action on Drugs (PAD)	<a href="http://parentactionondrugs.org/">http://parentactionondrugs.org/</a> (includes alcohol and tobacco)
Centers for Disease Control & Prevention	Parental Monitoring – Adolescents <a href="http://www.cdc.gov/healthyyouth/protective/positiveparenting/monitoring.htm">http://www.cdc.gov/healthyyouth/protective/positiveparenting/monitoring.htm</a>