

Immunisations

A guide to understanding what immunisations are recommended in the UK and why they are important www.nhs.uk/conditions/vaccinations/

Some young people are at high risk of developing specific infections and may be advised to have additional immunisations

www.nhs.uk/conditions/hepatitis-b

www.nhs.uk/conditions/hepatitis-c

Self-Examination

Self check guidance for early identification of abnormal changes to testicles or breasts

www.nhs.uk/common-health-questions/mens-health/what-should-my-testicles-look-and-feel-like or

www.nhs.uk/common-health-questions/womens-health/how-should-i-check-my-breasts

Notes

Phoenix Team

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Operational Manager - Kathryn Tolson

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Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service

If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: EqualityandInclusion@oxfordhealth.nhs.uk

أرجو الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسليق مختلف.

আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে Bengali পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।

اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutra idioma ou num formato diferente.

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Become a member of our Foundation Trust
www.ohftnhs.uk/membership



Phoenix Team

Resources for Supporting
Health and Wellbeing.

Teen upwards

There is a lot of information available to support health and wellbeing and it can be confusing to know which websites to look at. The Phoenix Team have collated some suggestions which we hope will support young people to achieve a healthy lifestyle.

Further information about our service, live links and additional resources are available on our website www.oxfordhealth.nhs.uk/service_description/phoenix-team/



Emotional Wellbeing & Sleep

A range of resources recommended to support emotional health www.oxfordhealth.nhs.uk/camhs/wellbeing/

Self-help guidance for common emotional health difficulties www.youngminds.org.uk/ and www.mind.org.uk

Information on creating bedtime routines, diet and activity to support healthy sleep www.thesleepcharity.org.uk

Guidance about keeping young people safe online www.thinkuknow.co.uk/

Healthy Eating

Easy ideas for families to eat well and move more www.nhs.uk/healthier-families/

Bowel and Bladder issues

The children's Bowel & Bladder Charity ERIC have resources for managing constipation, soiling, day time wetting & enuresis (bed wetting) www.eric.org.uk



General health information

Search by topic www.nhs.uk

Health advice by symptom www.111.nhs.uk

Advice to manage common childhood conditions www.what0-18.nhs.uk/parents/carers/worried-your-child-unwell

Drug & Alcohol Services

A specialist service for young people who use substances or are impacted by others drugs or alcohol use www.Aquarius.org.uk

Friendly, confidential drug advice. www.talktofrank.com

Support to stop smoking www.stopforlifeoxon.org



Therapy Services

Speech & Language. Support for children with communication and language difficulties, advice on eating, drinking and swallowing difficulties www.oxfordhealth.nhs.uk/cit/speech-language-therapy/

Occupational Therapy. Information on a wide range of development & coordination issues www.oxfordhealth.nhs.uk/cit/occupational-therapy/

Physiotherapy resources to help children move and function to the best of their ability www.oxfordhealth.nhs.uk/cit/physiotherapy/

ASD (Autism Spectrum Disorder) & ADHD (Attention Deficit Hyperactivity Disorder)

National Autistic Society, a charity supporting children on the autistic spectrum www.autism.org.uk

Autism Family Support Oxfordshire www.afso.org.uk/

Oxfordshire CAMHS have a range of resources to support children with eating, self-harm, school refusal and sleep www.oxfordhealth.nhs.uk/camhs/self-care/asd/

CAMHS also have resources for ADHD www.oxfordhealth.nhs.uk/camhs/self-care/adhd/

Dental Health

Information on how to find an NHS dentist near you www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist/



Sexual Health and Relationships

An Oxfordshire young persons website with information about health, learning, lifestyle, opportunities, training and activities www.oxme.info

Oxfordshire clinics for contraception and sexual health screening www.sexualhealthoxfordshire.nhs.uk/

Puberty, sexuality, gender identity and body changes www.brook.org.uk/topics/my-body/

Advice to keep children safe at home, school, on line, and support emotional health www.nspcc.org.uk/keeping-children-safe/