

The logo for 'Well centre' features the word 'Well' in a large, red, stylized font with a white shadow effect, and 'centre' in a smaller, black, sans-serif font below it. The background behind the text is a light grey circle.

Well
centre

The NHS logo, consisting of the letters 'NHS' in white on a blue rectangular background.

NHS

A red speech bubble with a white border, containing text about a free confidential health hub.

FREE
confidential
health hub
for 11 to 20
year olds

Illustrations of diverse people's heads and shoulders in various colors (purple, blue, teal, yellow, orange, brown, blue) surrounding the central text.

**Are you
worried about
your physical,
mental, or sexual
health?**

A red speech bubble with a white border, containing text about appointment options.

Face to face,
online & phone
appointments
available

CALL: 0208 473 1581

EMAIL: lamccg.thewellcentre@nhs.net

www.thewellcentre.org

 [@thewellcentre](https://twitter.com/thewellcentre)

We can help with everything that affects your health and wellbeing.

Whether you're worried about a football injury, acne, have questions about sexual health, feel low or are just wondering

what is normal, get in touch. We will provide a safe and confidential space for you to speak to one of our team.

How our team can help you:

Our GPs

- ▶ Explore your physical or mental health concerns
- ▶ Advise on smoking
- ▶ Advise on healthy eating & exercise
- ▶ Provide contraception and sexual health advice
- ▶ Prescribe medication

Our Health & Wellbeing Practitioners

- ▶ Provide support with:
 - Relationships
 - Bullying
 - Self-esteem
 - Managing stress
 - Confidence and Identity
 - Referrals to community youth activities

Our Counsellors

- ▶ Provide support with:
 - Anxiety
 - Depression
 - Self-harm
 - Past traumas
 - Eating problems
 - Any other emotional worries

VISIT US:



At Herne Hill
Group Practice,
74 Herne Hill,
London
SE24 9QP

The entrance is
on Kestrel Avenue.
Press the buzzer
and ask for the
Well Centre.

