

DID YOU KNOW?

Only **1 in 5** Oregon teens gets an **annual check-up**, and the odds of having **poor physical and mental health** in adulthood can be **52% higher** for people who **don't receive needed care** early in life.

1 in every 3 Oregon teens **experienced depression** last year, and **1 in 6** seriously considered **suicide**.

Each year there are **9.5 million** new **STD infections** among young adults.

Teens who start drinking at an earlier age are **4 to 5 times** more likely than others to develop **alcohol abuse** as adults.



COMMON TOPICS ADDRESSED AT A CHECK-UP:

- * Your health questions- our priority is to partner with you
- * Emotional health and wellness
- * Guidance for healthy relationships
- * Bullying
- * Health exams and sports physicals
- * Weight, diet and overall physical health
- * Drug or alcohol use or experimentation
- * Sexual health
- * Treatment for illness and infections
- * Vision exams and hearing screenings
- * Immunizations and vaccines
- * Dental cleanings

That's why it's important to have a check-up each year... even when you are NOT sick.

From sprained ankles, to feeling stressed, to relationships and even sexual health, confidential services are available to you at the NAME OF SBHC.

Our providers are specifically trained and interested in working with teens and they will never judge you. They will listen and help you overcome challenges to become successful and independent both in body and mind.

Our Clinical Staff Include:

- *Staff Member (i.e. NP)
- *Staff Member (i.e. RN)
- *Staff Member (i.e. MH Counselor)
- *Staff Member (i.e. Dental Hygienist)

WHERE ARE WE LOCATED?

* We are located:

ENTER LOCATION INFORMATION

* We are open:

ENTER HOURS INFORMATION

INDICATE HERE IF HAVE WALK-IN AVAILABILITY

Trustworthy * Convenient * Confidential

Our goal is to partner with you to provide the best care possible. Stop by today!

ENTER SOCIAL MEDIA/WEBSITE INFORMATION HERE

YOUR PRIVACY IS IMPORTANT

At the School Based Health Center we have specific policies around confidentiality. For the most part, what you talk about will stay between you and your health provider and will not be shared with your parents or others. If something needs to be shared, we will always talk with you about it first, and work with you on how to do that.

BILLING & INSURANCE

No student will be turned away due to ability to pay. We welcome ALL students, and accept most insurance including the Oregon Health Plan. If you don't have insurance, don't worry – we will still see you.

If you have **QUESTIONS** or if you want to make an **APPOINTMENT**, stop by or call us @ ###-###-####

