

## What We Do:

T25 Clinic operates a free nurse-led 'walk-in' clinic, meaning there is no need for you to make an appointment, you can simply visit at any point during our opening hours.

This is a service specifically designed for young people (aged 12 - 25) in our region. You can attend T25 on your own or with the support of someone else like a friend or family member.

Our approach is non-judgemental, person-centred and strengths-based. This means we work to support young people from all backgrounds with their unique situation, based on their own health and wellbeing goals, to promote agency and self-determination.

T25 is staffed by nurses as well as alcohol and other drug (AOD) practitioners, mental health clinicians, youth workers and peer workers, and all conversations are confidential.



## Our Services:

T25 provide early intervention and support services for a range of concerns:



**Mental health**



**STI screening**



**Puberty and body image**



**Information about vaping**



**Family problems**



**Relationship and social issues**



**Pregnancy care**



**Sex and contraception**



**Drugs and alcohol**



**General physical health**



**Sexuality and gender**

## Frequently Asked Questions:

### Who would I be speaking to if I came to T25 Clinic?

T25 is multidisciplinary team, led by nurses - they are often the first people you'd chat to about your concerns, and they can recommend the right person for you to see. Our other staff include alcohol and other drug (AOD) practitioners and clinicians, mental health clinicians, youth workers and peer workers who all work together to provide you with integrated support.

### Who is T25 Clinic for?

T25 aims to help all young people aged 12 - 25 across the Canberra region. If you or someone you care about fits that description, you're welcome at T25.

### Is the service confidential?

All conversations at T25 are confidential between you and our team. There are some exceptions to confidentiality, which T25 must legally abide by, including where staff identify an immediate risk of harm to you or another person, where info is subpoenaed by the courts (or similar) or where staff identify a child at risk. We are mandatory reporters under child protection legislation in ACT and NSW.

# T25

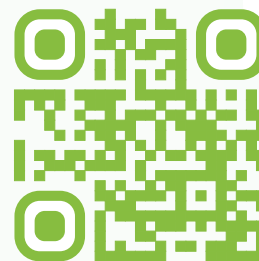
*We acknowledge the traditional custodians of the lands upon which we live and work, their ancestors and elders both past and present, and other represented Aboriginal and Torres Strait Islander communities. We are committed to actions that promote reconciliation and a positive future for all Aboriginal and Torres Strait Islander communities.*

*We also acknowledge the valuable contributions people with lived experience and other diverse cultures, identities and lifestyles make to our services and our communities.*

T25 is delivered by  
**Directions Health Services** in  
partnership with  
**Woden Community Services** and  
**Meridian ACT.**



Visit our website or scan the QR code below to find out where we'll be this week:



**P** 02 6132 4800

**M** 0455 587 062

**E** [t25@directionshealth.com](mailto:t25@directionshealth.com)

**W** [www.t25.com.au](http://www.t25.com.au)

 [@t25clinic](https://www.instagram.com/t25clinic)

## Need to talk to someone urgently?

T25 is not an emergency service, so if you need to speak to someone urgently please reach out to:

**Triple Zero Emergency Services | 000**

**Lifeline | 13 11 14**

**Kids Helpline | 1800 551 800**

**ACT Crisis Assessment and Treatment Team (CATT) | 1800 629 354**

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