

# YOUTH HEALTH CENTER



- a free service for youth and young adults



Location: Trysil Child Health Clinic (Trysil Health center), ground floor

Here you can meet a **MIDWIFE** and a **DOCTOR!**

- drop by for **advice** and **guidance** concerning:

- ✓ Questions about your body
  - ✓ Mental health
  - ✓ Bullying
  - ✓ Difficulties in life (problems with friends, family, school)
  - ✓ Contraception
  - ✓ Testing and information about STDs (sexually transmitted diseases)
  - ✓ Pregnancy tests (free)
  - ✓ Condoms and lubricants (free)
  - ✓ Questions about abortion
  - ✓ Sexual abuse
  - ✓ Violence
  - ✓ Drugs and alcohol
  - ✓ Eating disorders
  - ✓ Sexuality
  - ✓ Sexual identity
- ...or any other thing you may have on your mind!



## Mondays

1:00 pm till 5:00 pm:  
Drop in and appointment

## Wednesdays

1:00 pm till 5:00 pm:  
Drop in and appointment

## Contact (mobile):

Marit: 990 79 313  
Ingunn: 482 45 851

**YHC**

Youth Health Center

**HFU**

Helsestasjon for ungdom



**TRYSIL KOMMUNE**

*-startaket foran*