IDA-TALLINNA KESKHAIGLA

AS Ida-Tallinna Keskhaigla
Ravi 18, 10138 Tallinn
Rg-kood 10822068
Tel 666 1900
E-post info@itk.ee
www.itk.ee

Youth Clinic (sexual health counseling for young people)

The Youth Clinic is for young people who have questions about their body and sexuality.

The Youth Clinic provides **free** individual counselling for young women and men up to 26 years old. Counselling is also free if you do not have a health insurance policy.

The Youth Clinic is welcoming and confidential. Our counsellors are trained specialists who are experts in their field. Our midwives and gynaecologists offer individual gynaecological (the science of how a woman's body is built and functions; the prevention and treatment of gynaecological diseases) help and counselling on sexual health (concerning people's behaviour, preferences, needs, morals, culture and more) free of charge. We also offer lectures on sexual education.

The Youth Clinic offers the following services free of charge:

- consultation on finding a suitable contraceptive
- writing prescriptions for contraceptives
- gynecological examination of girls and, if necessary, taking tests
- Counseling for young men, including blood and urine tests if necessary
- consultation and treatment for sexually transmitted infections
- testing for sexually transmitted infections
- confirming pregnancy (ultrasound, blood test)
- consultation in case of unwanted pregnancy
- consultation on pregnancy-related topics
- counselling on sexuality and intimate relationships
- counselling in cases of sexual violence
- consultation on sexual identity issues
- sharing guidance on reducing risky behaviour related to health

Paid service:

- interactive lectures on sexual educational for schoolchildren and other interested parties

You can come to the Youth Clinic alone, with a partner or with a smaller group of friends.

We take all your questions seriously and consider them important. We want to guide young people on their mental and physical health journeys. Everything shared in the Youth Clinic is confidential. We will not give information about your problem/analyses to your parents, your general practitioner or anyone else without your permission.

What to keep in mind before coming to the Youth Clinic

- Book an appointment through the iPatsient digital registry or by calling 666 1900. You can also book an appointment on the spot at the reception desks of our outpatient clinics at Ravi 18, Hariduse 6 and Pärnu mnt 104.
- Visits along with any tests are **free of charge** for all persons up to 26 years of age regardless of whether they have health insurance.
- If you have visited our clinic before and need a repeat prescription for pills, you must also register for a prescription by calling 666 1900. Appointments for repeat prescriptions will be available for the current week.
- Young men who want to be tested for sexually transmitted diseases should not urinate for four hours before the test.
- Before coming to your appointment, please go through the reception and check your contact details as we will contact you by phone if there are any problems with your test results.

Youth clinic is located in the **Magdaleena unit** at Pärnu mnt 104.