

## Teen Clinic

**Venue:** Room no.: 1, Ground Floor, Unit of Hope Building

**Time:** 10:00 AM – 1:00 PM

**Days:** Every Tuesdays

**Faculty In - Charge:** Dr. Chitra Dinakar, Professor

**Contact No:** 080-22065950

(For appointment, phone between 9:00 AM -5:00 PM only)

**Background:** Adolescents (10-19 yrs.) are transitioning both physically and psychologically to don adult roles. Many teenagers undergo much stress in coping with these changes. They have unique health needs and the Teen clinic is a one stop centre to address their health concerns. The clinic offers 'Teen friendly services' with attention to privacy and confidentiality, to especially address sensitive issues impacting adolescents' health and wellbeing.

### **Services offered:**

1. Assessment of physical (ex. height) and pubertal changes (ex. delayed changes, menses related) during adolescence.
2. Overweight/obesity /eating disorders.
3. Adolescent behavioural and emotional problems requiring counselling.
4. Coping Skills to handle chronic illnesses. (requiring prolonged medication and multiple hospital visits with any other department)
5. Sexuality related issues.
6. Drug use and abuse issues.
7. 'Risky behaviours' related counselling.
8. Guidance to parents on adolescent parenting.
9. Adolescent immunizations.
10. Medico-social support to vulnerable adolescents.
11. Group sessions for 'Life skills' training. (ex. Problem solving, handling emotions, coping with stress, effective communication etc)
12. Opportunity for teens to volunteer as Peer leaders.