Health Needs of young People in Fife

As young people grow up and become young adults, there will come a time when they move from Children’s Health Services to Adult health Services.

This change is known as the ‘transition’.

For many young people, their health needs will be met by the doctors, and staff at their local GP surgery.

Other young people may need the help and support from specialist adult health services.

Questions that young people have asked as they move from child to adult health services include:

Who will help me with my care?

How do I get help from Adult Health Services?

When does this happen?
Some of the health professionals, who currently support you, may work with you until adult services agree that they can help you.

Planning for moving onto adult health services can also involve your family and carers, if you want them to be involved.

People may start to talk about moving onto adult health services when you are 14 years old.

We will work with you through the changes at your pace.
Useful links for information about Health Services in Fife:

NHS Fife website
http://www.nhs.fife.org/nhs/index.cfm

Dunfermline & West Fife Community Health Partnership (D & WF CHP) website:
https://www.dwfchp.scot.nhs.uk

Glenrothes & North East Fife Community Health Partnership website:
http://www.gnefchp.org.uk/content.asp?ArticleCode=2

Mood Café - Information and resources that promote positive mental health across Fife
www.moodcafe.co.uk

Other websites with information about Teenage Health

Teenage Health Freak Health information site geared at teenagers easy to navigate and comprehensive, covering a range of issues from drugs and smoking to weight and body worries to mental health.

www.teenagehealthfreak.org

The pictures on this leaflet are from Photosymbols 3.

This information has been rated by NHS Fife, Good Information Fife Team