

# the UpZone

A free + confidential health service  
for young people (up to 25yrs) in St George

rock UP

speak UP

check UP

## Opening hours:

GP / Doctor:

3-5pm Wednesday

Sexual Health Nurse:

4-6pm Thursday

Psychologist/Counselling: By Appointment

Alcohol and other drugs: By Appointment

The UpZone 'UZ' Health Centre

At St George Youth Services

Upstairs, 18 Treacy St, Hurstville

Phone: 9570 9678

Email: [theuz@stgeorgeyouth.org](mailto:theuz@stgeorgeyouth.org)





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**A free + confidential health service  
for young people (up to 25yrs) in St George**

Youth friendly GPs are available to do check-ups or chat to you about any physical or mental health issues or concerns you might have. They can help you with depression, anxiety, self-esteem, relationships and family issues, sexual and reproductive health and drug and alcohol issues.

A youth friendly sexual health nurse is available to do STI (sexually transmitted infection) and pregnancy testing, or give you information about anything to do with sexual health, safe sex and contraception.

You can call and make an appointment, or simply drop in during opening hours.

## What's offered at the 'UZ'?

- General health check-ups and info
- Sexual health testing and info
- Vaccinations
- Mental health assessments and referrals to youth-friendly psychologist and/or psychiatrist
- Alcohol & Other Drug support
- Young women's parent support group
- Support for Lesbian, Gay, Bisexual, Transgender, Queer/Questioning (LGBTQ) young people



SOUTH EASTERN SYDNEY  
ILLAWARRA  
NSW HEALTH