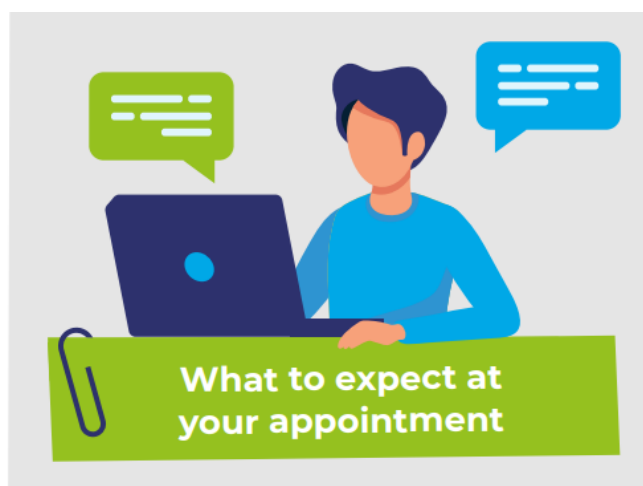
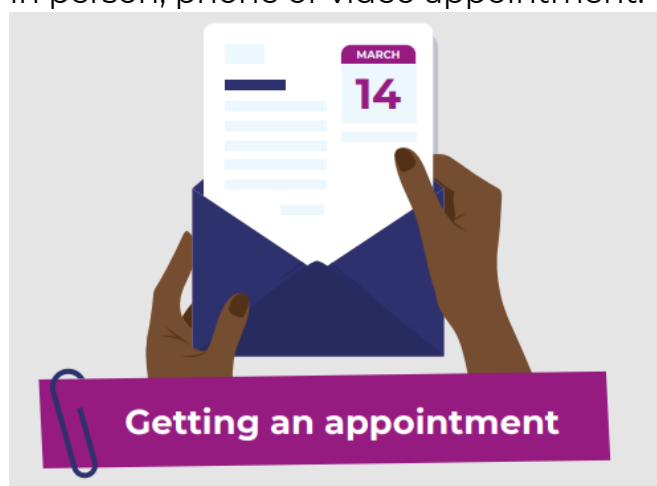


# Health appointments advice for young people

## [Children & Young People Engagement team](#)

If you need a health appointment, health workers are here to help you with your physical or mental health, or to signpost you to places for support. This leaflet, created by young people and doctors, will help explain the process for having an in person, phone or video appointment.



### **Last modified**

31 May 2022

### **Post date**

31 May 2022

Since the start of the pandemic, there has been an increased use of online appointments for children and young people. The RCPCH &Us [COVID Book Club](#), as part of their youth led project, identified that there was a need for clear information about online or phone appointments so that children, young people and families know what to do.

Doctors also started thinking about how the pandemic had changed their work, and came together from different organisations to think about how to make services as accessible as possible. This includes for in person appointments, phone or video consultations and how to keep everyone safe while providing good access to health care.

Doctors from RCPCH, RCGP, RCPsych and BASHH worked with young people from Central Beds Youth Voice and RCPCH &Us to create a leaflet for young people (see downloads section for the leaflet). There is information about how to get an appointment, what to expect, what will happen in your appointment and reminders for everyone involved that sometimes an in person appointment may be needed.

Please share with young people, families, services and help to improve understanding and experiences of health services. It is important that patients and families know that the NHS is here to support them, that everyone is given the opportunity to access information, advice and guidance to help them to stay healthy, happy and well.

Thank you to everyone who has been involved in this project. If you've got any ideas of other information that would be useful, please get in touch with [and\\_us@rcpch.ac.uk](mailto:and_us@rcpch.ac.uk).

Downloads

[Health Appointments Young People 2022](#) 290.44 KB