

Still have questions you need answered? If you don't ask your doctor about private health concerns, there are Hotlines/Helpines and websites that may be helpful. All that are listed below are available 24 hours a day/7 days a week.

National Suicide Prevention Lifeline

For help, support and information
1.800.273.8255
<https://suicidepreventionlifeline.org/> for website or live chat

Loveisrespect, National Teen Dating Abuse Helpline

1.800.331.9474 or text loveis to 22522
www.loveisrespect.org for website or live chat

National Runaway Safeline

1800.RUNAWAY or 1.800.786.2929
www.1800runaway.org for live chat, email, or information

For information on many topics about Teen Health

www.teenshealth.org

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ATTENTION: If you speak a language other than English, language assistance services are available to you, free of charge. Call 1.800.859.9889 (TTY: 711) for assistance.

Español (Spanish):

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.800.859.9889 (TTY: 711).

Português (Portuguese):

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1.800.859.9889 (TTY: 711).

6 Surprising Topics Teens May Talk to a Doctor About in Private.



 HUSKY Health

P.O. Box 5005
Wallingford, CT 06492

www.ct.gov/husky • 1.800.859.9889



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1

Making My Health Care Decisions

- If I talk to my doctor, will he/she always keep my information private?
- I'm healthy, why do I need a physical?
- Am I done getting vaccines?
- If I get a physical for sports, why do I need another doctor visit?
- Now that I'm older, do I need a new doctor?
- Can I choose the gender of my doctor?
- Can I really talk to you about any issue?



2

Tobacco and Other Substance Use

- What's the big deal if I use?
- Can a drug be dangerous if it's natural?
- Is vaping safer than smoking cigarettes? Can I vape around little kids; there's no secondhand smoke?
- When does alcohol become dangerous?
- Can it be dangerous to take over-the-counter or prescription drugs like Xanax or pain killers?
- There's drugs in my house or school. What can I do about that?
- Are caffeine/energy drinks dangerous?



3

Emotional Health

- Sometimes I am more sad, angry, or nervous than my friends. Are my moods normal?
- Sometimes I think of suicide or hurting myself. Who should I tell?
- What should I do if someone tells me they want to hurt themselves or others?
- Who can I talk to at school about my concerns?
- Should I be worried if I think about things differently than my friends?



4

Body Changes

- Why do I sweat so much?
- What can I do about acne?
- Stretch Marks... seriously?!
- Can a body piercing or tattoo make me sick?
- Why does school start so early? I'm not tired at night, but I can't get up in the morning.
- Am I at a healthy weight?



5

Healthy Intimacy

- What can I do if my relationship is not as respectful as it should be?
- I heard if someone has a sexually transmitted disease (STD) you can see it. Is that true?
- Do my parents have to know if I get tested?
- How do I know if I'm ready for a sexual relationship? How can I prepare?
- Who can I talk to about my sexual orientation or gender identity?



6

Safety

- My coach is making me sit out after an injury. Can't you tell him/her I'm fine?
- Can I damage my hearing by using earbuds?
- If I don't feel safe in places like home, school, or online, who can I tell?
- What can I do if I'm being bullied or if someone I know is being bullied?
- What can I do about unwanted physical contact?
- What can I do about friends or family members that don't drive safely?

