



Primary physicians: Not just doctors, but mentors.

Teenagers and their healthcare providers should aim to form a mentor type relationship. This can make that teen into a happier, much healthier adult.

Healthcare Providers

- Provide support for your most vulnerable patients
- See how the health of a child can improve with increased support alone

What to do:

- Encourage teenage patients to come in from frequent, regular visits
- A lot time to listen and answer their questions
- Change lives!



For questions or more information:
Contact the Florida Department of Health or visit
www.resiliencyviarelationshihs.org

Teens

- Get accurate answers to your health questions
- Share your concerns and feelings in a nonjudgemental environment
- Prevent harmful chronic diseases

What to do:

- Get an appointment with a primary care provider at your local health department
- Ask to have frequent and regular appointments
- Show up!

