

No Worries!

In South Gloucestershire

CONFIDENTIAL • FREE • FRIENDLY

C-CARD FREE CONDOMS



If you are under 20 you can get free condoms with a c-card. Get yours from a youth worker, nurse or Connexions - see www.youthunltd.com

Condoms can protect you from most STIs, as well as preventing pregnancy if used correctly.

CONTRACEPTION

There are 15 contraception choices available. Talk to a doctor or nurse to find out the one that's right for you and remember you won't be protected against STIs without a condom. **Get yours sorted before you have sex.**



EMERGENCY CONTRACEPTION

- Can be taken up to 72 hours after unprotected sex but the sooner it's taken the better!
- Free from clinics, GPs and pharmacies - visit the No Worries pages on www.youthunltd.com



THINK YOU MIGHT BE PREGNANT?

- The sooner you know, the more choices you have
- You can get confidential advice and free pregnancy testing from doctors, health centres and clinics

Pregnancy Advisory Service - 0117 927 6362

Free NHS service providing help with unplanned pregnancies and access to abortion

SEXUALLY TRANSMITTED INFECTIONS

(FOR EXAMPLE CHLAMYDIA, HERPES AND HIV)

- STIs are very common and can be caught through vaginal, anal and oral sex
- 1 in 10 young people have Chlamydia
- The only way to know is to get tested!

If you've ever had sex without a condom you should do a test as soon as possible.

FREE CHLAMYDIA TESTS CALL 0845 180 0050

WILL YOU REGRET IT IN THE MORNING?



Drugs and alcohol can influence your decisions. Also if you get too drunk you won't be able to use a condom! If you have concerns about drugs or alcohol call the confidential advice line **01454 868763**

(9am-5pm, Out of hours you can leave a message and someone will call you back within 24 hours)

WHO DO YOU FANCY?

It's normal to think sexually about both the same sex and the opposite sex. Some people know exactly who they fancy, but others may experiment with sexual experiences.

Call **07909 892057** for information about local LGBT (Lesbian, Gay, Bisexual, Transgender) youth groups



No Worries!

Visit the No Worries! pages at

www.youthunltd.com

www.nhs.uk/worhtalkingabout
0800 28 29 30



If you need more copies of this leaflet **0117 959 5463**

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No Worries!

Sexual health services young people trust

ALL SERVICES ARE CONFIDENTIAL*

*unless there is a risk of serious harm

WHERE?

- Sexual health clinics - see below
- Doctors and pharmacies
- Youth support workers, Connexions and School Health Nurses
- Brook outreach service

See www.youthunitd.com for details

YATE HEALTH CENTRE

Westgate Centre, 21 West Walk, BS37 4AX

Appts **Thurs 6.15pm - 8.45pm**

Call **01454 313378** during clinic times or call **0117 342 6900 (9-5)** and ask for a Yate appointment

YATE YOUNG PEOPLE'S CLINIC

Westgate Centre, 21 West Walk, BS37 4AX

Drop in clinic **Wed 6.15pm - 8.30pm**

01454 313378

PATCHWAY YOUNG PEOPLE'S CLINIC

Patchway Clinic, Thirlmere Rd, BS34 5PD

Drop in clinic **Wed 5.30pm - 7.45pm**

Call **0117 969 2370** during clinic times only

THORNBURY HOSPITAL

Outpatients Dept, Eastland Rd, BS35 1DN

Appts **Tues 6.15pm - 8.45pm**

Call **01454 415750** during clinic times or call **0117 342 6900 (9-5)** and ask for a Thornbury appointment

CADBURY HEATH YOUNG PEOPLE'S CLINIC

Health Centre, Parkwall Rd, BS30 8HS

Drop in clinic **Mon 6pm - 8.15pm**

07887 575 936

DOWNEND CLINIC

Buckingham Gdns, BS16 5TW

Appts **Tues 6.30pm - 9pm Thurs 1.15pm - 4pm**

Call **0117 330 2505** during clinic times or call **0117 342 6900 (9-5)** and ask for a Downend appointment

KINGSWOOD HEALTH CENTRE

Alma Rd, BS15 4EJ

Drop in clinic **Mon 2.45pm - 4.15pm**

Appts **Mon 1.45pm - 2.45pm**

Call **0117 967 7191** during clinic times or call **0117 342 6900 (9-5)** and ask for a Kingswood appointment

BROOK YOUNG PEOPLE'S CLINIC

1 Unity St, College Green, Bristol, BS1 5HH

Mon-Sat walk-in and appointments

0117 929 0090

www.brook.org.uk

BRISTOL SEXUAL HEALTH CENTRE

Tower Hill, Bristol, BS2 0JD

Mon - Sat walk-in and appointments

0117 342 6900

www.bristolsexualhealth.nhs.uk

PREGNANCY ADVISORY SERVICE

Free NHS service providing help with unplanned pregnancies and access to abortion

0117 927 6362

www.bristolsexualhealth.nhs.uk

R U READY?

- Are you sure nobody is putting pressure on you?
- Do you feel you could say "no" and that would be ok?
- Have you checked whether your boyfriend/girlfriend is ready too?
- Have you thought about condoms and contraception and got it sorted?

If you're not sure then you're probably not ready.

Sex. Worth talking about 0800 28 29 30