

No Worries!

For more information visit the No Worries! pages on:

www.youthunltd.com

CONFIDENTIAL

Remember that GPs and health professionals will keep your information **confidential**, **EVEN IF YOU ARE UNDER 16**, as long as you are not in danger.

Christmas and New Year should be a fun time of year, there are often lots of parties and you will be spending a lot of time with your friends. If you're planning a night out prepare your contraception before you go out. You can pick up free condoms at C Card points and YP clinics. Make sure you keep yourself safe, have some emergency money, contact details and let someone responsible know where you are going and who with.

Drinking can make people behave in a way they wouldn't normally want to. Think about whether or not you really want to have sex with the person—is it going to be something you regret in the morning?!

No Worries!

Sexual health services for young people
in South Gloucestershire

www.youthunltd.com



**Sexual health services
Christmas and New Year
2011/2012**

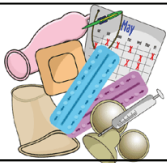


FREE CONDOMS

Register for your C-card before Christmas @ youth centres, Connexions, school or a No Worries! clinics.

Condoms are the only method that can prevent STIs - make sure you know how to use them correctly!

Visit www.youthunltd.com for more details and to find a c-card venue near you!



PREGNANCY TESTING, CONTRACEPTION AND STI TESTING

Free and Confidential, even if you are under 16.

All No Worries! Clinics will be open over Christmas - see www.youthunltd.com for further details.

You can also visit:

Bristol Sexual Health - Tower Hill, Bristol BS2 0JD

Sat 24th Dec 09.30 – 12.00 (Under 25s)

Wed 28th Dec 09.00 – 19.00

Thu 29th Dec 09.00 – 19.00

Fri 30th Dec 09.00 – 19.00

Sat 31st Dec 09.30-12.00 (Under 25s)

(Dates not mentioned are closed—normal service starts again 03/01/09)

Call 0117 342 6900 for drop-in times/book an appointment

Brook Young People's Clinic - 1 Unity Street, BS1 5HH

Thu 24th Dec 12.00-14.00

Sat 26th Dec 12.00-14.00

Mon 28th Dec 12.00-15.00

Tue 29th Dec 13.00-18.00

Wed 20th Dec 12.30-14.30 and 16.00-18.00

Thu 31st Dec 12.00-14.00

Sat 2nd Jan 10.00-14.00

Call 0117 9290090

for more information

about opening times

at Brook over

Christmas



FREE EMERGENCY CONTRACEPTION

The sooner you get emergency contraception the better it works but you have

- up to 72 hours to get the emergency pill
- up to 5 days to get an emergency IUD (coil) fitted

Many local pharmacies offer FREE Emergency Contraception if you are under 20.

Visit www.youthunltd.com for a list of pharmacies -but ring first to check they are open!

You can also get it free from sexual health clinics, your GP, walk-in centre (in Bristol) or A&E at hospital.

Visit the No Worries! pages on www.youthunltd.com or call 0800 28 29 30 to find your nearest clinic.

Think you might be pregnant?

Go to a clinic or your GP after your period is due. If you want to find out more about abortion services call Pregnancy Advisory Service on 0117 927 6362.