

**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 support worker, nurse or Connexions - see [www.youthunltd.com](http://www.youthunltd.com)

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

## FREE 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.**



## FREE EMERGENCY CONTRACEPTION

- Can be taken up to 3 days 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](http://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
- Protect yourself - always use a condom
- If you've ever had sex without a condom you should do a test - the only way to know is to get tested

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**

(Mon - Fri 9-5, 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](http://www.youthunltd.com)**

**Bristol Sexual Healthline**

**0117 342 6900** (Mon - Fri 9-5)

If you need more copies of this leaflet 0117 323 5463

# No Worries!

## Sexual health services for young people

**ALL SERVICES ARE CONFIDENTIAL \***

\*unless there is a risk of serious harm

## WHERE CAN I GO?

- Sexual health clinics - see below
- Doctors are free and confidential
- Pharmacies
- Youth support workers, Connexions and School Health Nurses

See [www.youthunltd.com](http://www.youthunltd.com) for details

### YATE COMMUNITY SEXUAL HEALTH CLINIC

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**

### PATCHWAY YOUNG PEOPLE'S CLINIC

Patchway Clinic, Thirlmere Rd, BS34 5PD

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

### THORNBURY COMMUNITY SEXUAL HEALTH CLINIC

Outpatients Dept, Thornbury Hospital, 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**

### DOWNEND COMMUNITY SEXUAL HEALTH CLINIC

Downend Clinic, Buckingham Gdns, BS16 5TW

Appts **Tues 6.30pm - 9pm Thurs 1.15pm - 4.00pm**

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

### KINGSWOOD COMMUNITY SEXUAL HEALTH CLINIC

Kingswood Health Centre, Alma Rd, BS15 4EJ

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

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](http://www.brook.org.uk)

### BRISTOL SEXUAL HEALTH CENTRE

Central Clinic, Tower Hill, Bristol, BS2 0JD

**Mon - Sat** walk-in and appointments

**0117 342 6900**

[www.bristolsexualhealth.nhs.uk](http://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](http://www.bristolsexualhealth.nhs.uk)

## CONFUSED OR WORRIED?

No one has the right to hurt you or make you do anything that feels wrong.

Whatever your worry, it can help to talk.

Childline **0800 1111** (Open 24/7)

[www.childline.org.uk](http://www.childline.org.uk)