

## Where can young people find information and support about sexual health?

The NHS website provides loads of useful information about sexual health. Visit:

- [www.nhs.uk/Livewell/Sexualhealthtopics](http://www.nhs.uk/Livewell/Sexualhealthtopics) for information on anything from contraception to genital health to how to talk to your partner, good sex, gay and trans health, and fertility.
- [www.nhs.uk/Livewell/Sexandyoungpeople](http://www.nhs.uk/Livewell/Sexandyoungpeople) or [www.nhs.uk/worhtalkingabout](http://www.nhs.uk/worhtalkingabout) for information especially for young people.
- <http://www.nhs.uk/livewell/stis/> for more detail on sexually transmitted infections.

Other useful websites include:

- The Family Planning Association ([www.fpa.org.uk/](http://www.fpa.org.uk/)) for anything to do with contraception or sexually transmitted infections
- Brook ([www.brook.org.uk](http://www.brook.org.uk)) for information for young people under 25, including links to local services and an online query tool covering 500 frequently asked questions.
- TheSite.org, an online guide to life for 16 to 25 year-olds. It provides non-judgemental support and information on everything from sex and exam stress to debt and drugs.
- Disrespect NoBody ([www.disrespectnobody.co.uk/](http://www.disrespectnobody.co.uk/)) for information about healthy relationships, relationship abuse and consent.

If you want information or advice straight away, there are helplines available:

- **Sexwise** is a telephone helpline for under-19s - call **0800 28 29 30** to speak to an advisor.
- **NHS Worth Talking About** sexual health helpline gives info about sex and local services for under-19s. Call **0800 28 29 30**, Mon-Sun 7am-midnight. Free and confidential.
- **National Sexual Health Helpline:** Free on **0300 123 7123**. Your call will be treated with sensitivity and in the strictest confidence. The Sexual Health helpline is open from 9am - 8pm Monday to Friday.
- For specific concerns about HIV or AIDS you can contact the **National Aids Helpline** 24 hours a day on **0800 567 123**.
- **Stop It Now** runs a helpline for anyone who has been exploited or abused. Freephone confidentially **0808 1000 900** or email [help@stopitnow.org.uk](mailto:help@stopitnow.org.uk) for advice, support and information of organisations that can help you.
- **Rape Crisis South London** provides a helpline for anyone who has experienced sexual abuse or rape, on **0808 802 9999**. 12:00 - 14:30 and 19:00 - 21:30 daily.
- **ChildLine** is a private and confidential service for children and young people up to the age of 19. If something's on your mind, it often helps to get some advice from an adult you trust. You can contact a ChildLine counsellor about anything -no problem is too big or too small. **Freephone 0800 1111** (24 hours)

### NHS services

For most sexual health services, your local **pharmacist, GP or sexual health clinic** will be the best place to go for advice and diagnosis.

The sexual health centres in Southwark provide contraception and sexual health services to men and women of all ages including people under 16. All the centres operate walk-in clinics - it is not necessary to book an appointment. The services offered include:

- Confidential advice on contraception
- Free condoms and other contraception
- Pregnancy testing
- Emergency contraception
- Screening and treatment for sexually transmitted infections
- HIV testing

**Brook Southwark (service for under 25's only)**

1 Amelia Street, London SE17 3PY

Tel: 020 7703 9660

Monday to Friday 1pm to 6pm. Saturday 1pm to 4pm.

**Artesian Sexual Health Clinic**

138 Grange Road, London SE1 3GF

Tel: 020 3049 4006

Monday 9.30am to 4pm. Tuesday 9.30am to 6pm. Wednesday 1pm to 4pm. Thursday 9.30am to 12pm (walk in) 1pm to 4pm (appointments). Friday 9.30am to 4pm.

**Burrell Street Clinic**

4-6 Burrell Street, London SE1 0UN

Tel: 020 7188 6666

Monday 8am to 6pm. Tuesday 8am to 3pm; contraception clinic 4pm to 7pm (walk in); young men under 25 4pm to 7pm (walk in). Wednesday 12.30pm to 6pm. Thursday 8am to 6pm. Friday 8am to 5pm; contraception clinic 12pm to 3pm (appointments only). Saturday 8am to 3pm. Sunday 9.20am to 1pm.

**Camberwell Sexual Health Clinic**

Ground floor, 94-104 Denmark Hill, London SE5 9RS

Tel: 020 3299 5000

Monday to Tuesday 9am to 7.30pm. Wednesday 1pm to 7.30pm. Thursday to Friday 9.30am to 7.30pm. Saturday 9.30am to 10.30am appointment only.

**Lloyd Clinic - Guy's Hospital**

2nd floor, Southwark Wing, Guy's Hospital, London SE1 9RT

Tel: 020 7188 6666

Monday 8am to 6pm. Tuesday 8am to 3pm. Wednesday 12.30pm to 6pm. Thursday 8am to 6pm. Friday 8am to 5pm.

**Walworth Road Clinic**

157 -169 Walworth Road, London SE17 1RY

Tel: 020 3049 4006

Monday 9.30am to 6pm. Tuesday 9.30am to 6pm. Wednesday 1pm to 6pm. Thursday 9.30am to 6pm. Friday 9.30am to 4pm.

**Online STI testing**

**SH:24** ([www.sh24.org.uk](http://www.sh24.org.uk)) provides free and confidential online STI testing in partnership with the NHS that you can access 24 hours a day. Lambeth and Southwark residents can test at home for Chlamydia, Gonorrhoea, Syphilis and HIV with results by text in 7 days.