

WHERE TO GO?

Sexual health advice and information for
young people under 26

**All services are for young
men and women, and
are free & confidential*
whatever your age.
*(That means private).**

**Helplines
& Websites**



**Advice & support services
and Free condoms**



**Sexual
Health Services**



**Young peoples
Sexual Health Services**



**Helplines
& Websites**



Free & confidential advice on sexual health and relationships, & where your nearest clinic is.

NHS Live Well



www.nhs.uk/Livewell/Sexandyoungpeople/Pages/Sex-and-young-people-hub.aspx

Brook Helpline



**For under 25's
0808 802 1234**

www.brook.org.uk

**Provides free, confidential advice and counselling
for young people in danger or distress**

Childline



0800 111

Minicom: 0800 400 222

www.childline.org.uk

Free and confidential sexual health helpline.

Sex: Worth Talking About



**[http://www.nhs.uk/worhtalkingabout/Pages/
sex-worth-talking-about.aspx](http://www.nhs.uk/worhtalkingabout/Pages/sex-worth-talking-about.aspx)**

**You don't need to be
having sex to visit a
clinic - you can drop in
or phone for advice**

**Advice & Free
condoms**

i

Connexions Centre



For 13 - 19s

Offers free condoms and confidential advice.

Please call or drop in:

Mon, Wed & Fri: 9.30 - 4.30

Tue: 9.30 - 7.00

Thu: 12.00 - 7.00



Tube:
Latimer Road

Bus:
295, 316

Connexions Centre
125 Freston Road, W10 6TH
020 7938 8008

**Terence Higgins Trust
Lighthouse West London**



**free condoms for 15yrs +
9am-5pm monday to friday.**

mon 5-8pm rapid in 1hr HIV/AIDS testing.

**16-24yrs chlamydia screening
walk in or make an appointment
Mon-Fri 9am-5pm**



Tube:
Ladbroke Grove
or
Latimer Road

Buses:
7, 23, 52, 452,
28, 70 & 295

Lighthouse West London
111-117 Lancaster Road, W11 1QT
020 7313 2900

**The Haven -
Paddington**



For all ages

**Offers free confidential advice, medical help,
counselling and support for anyone in London
who has been raped or sexually assaulted.**

For an appointment please call:

020 7886 1101 - Mon - Fri: 9.00 - 5.00

020 7886 6666 - At all other times

www.thehavens.org.uk



**Tubes:
Edgware Road
&
Paddington**

**Buses:
7, 23, 27 & 36**

**The Haven - Paddington
St Marys Hospital, Praed St, W2 1NY
020 7886 1101**

**Condoms are a great way
of protecting yourself
from pregnancy and
sexually transmitted
infections.**

**Sexual
Health Services**



ARC @ Jefferiss Wing

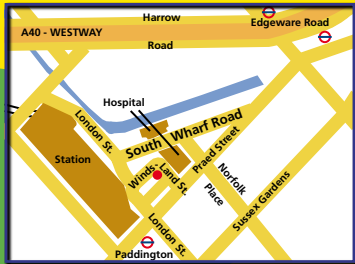


For under 20s

**Offers free confidential advice, condoms,
STI & HIV / AIDS testing, contraception,
emergency contraception,
pregnancy testing and abortion referrals.**

Walk in service:

Tue: 3.00 - 5.00



Tube:
Edgware Road
&
Paddington

Buses:
7, 23, 27 & 36

ARC @ Jefferiss Wing
St Marys Hospital, Praed St, W2 1NY
Advice line: 020 7886 7583

ARC @ Stowe
Connexions One Stop Shop



For under 20s

**Offers free confidential advice, condoms,
STI & HIV / AIDS testing, contraception,
emergency contraception, pregnancy testing and
abortion referrals.**

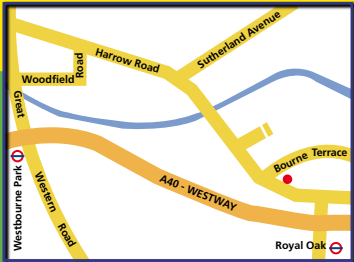
Walk in service:

Thu: 3.00 - 6.00

Under 25s

Chlamydia testing

Mon 1.30 - 4pm



**Tube:
Royal Oak**

**Buses:
18 & 36**

**ARC @ Stowe
Connexions One Stop Shop
258 Harrow Road, W2 5ES
020 7266 8230**

Brook Euston



For under 25s

Offers free confidential advice, condoms, contraception, emergency contraception, pregnancy testing, abortion referrals, sti testing & psychosexual counselling.

Please call or drop in:

Mon - Thu: 12.00 - 7.00

Fri: 12.00 - 3.00

Sat: 12.00 - 2.00

Please call for STI & HIV / AIDS testing.



Tubes:
Euston Square,
Euston,
Kings Cross

Buses:
18, 30,
73 & 390

Brook Euston
92 - 94 Chalton Street, NW1 1HJ
020 7387 8700

Jefferiss Wing Centre for Sexual Health



For all ages

**Offers free and confidential advice,
STI & HIV / AIDS testing, contraception,
emergency contraception,
pregnancy testing and abortion referrals.**

Please call or drop in:

Mon, Wed & Thu: 8.45 - 6.15

Wed: 11.45 - 6.15

Fri: 8.45 - 3.15



**Tube:
Edgware Road
&
Paddington**

**Buses:
7, 23, 27 & 36**

**Jefferiss Wing Centre
St Marys Hospital, Praed St, W2 1NY
020 7866 1225**

Raymede Contraceptive Services



For all ages

Offers free and confidential advice, condoms, chlamydia testing for under 24's, emergency contraception, pregnancy testing & abortion referrals.

Walk in or appointment sessions:

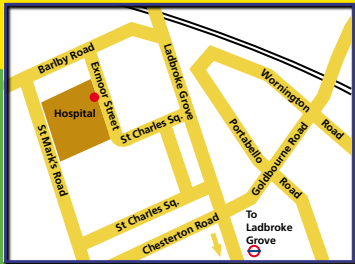
Mon, Tue & Thu: 9.30 - 4.00

Wed: 9.30 - 4.00 (5.30 - 7.00 Walk in only)

Fri: 9.30 - 1.00

Appointment only sessions:

Mon, Tue & Thu: 5.30 - 7.00



**Tube:
Ladbrooke
Grove**

**Buses:
7, 23, 52, 70,
295, 316 & 452**

Raymede Contraceptive Services
Exmoor Street, W10 6DZ
020 8962 4450

**Milson Road
Health Centre**



For all ages

**Offers free and confidential advice, condoms,
chlamydia testing, abortion referrals,
emergency contraception,
(pregnancy testing 9.30 - 4.30 Mon - Fri).**

Appointment sessions or emergency walk in:

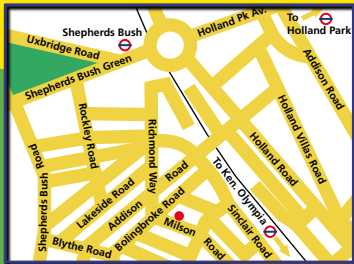
Mon: 1.00 - 2.30

Tue: 9.30 - 11.30, 1.00 - 2.30

Wed & Fri: 1.00 - 2.30, 5.30 - 7.00

Thu: 5.30 - 7.00

Sat: 9.30 - 11.00, 12.00 - 1.30 (please call before)



Tubes:
Shepherd's Bush,
Kensington
Olympia,
Hammersmith

Buses:
9a, 10, 27, 28,
49, 72, 220,
283, 295, 391

Milson Road Health Centre
1-13 Milson Road, W14 0LJ
020 7602 2723

56 Dean Street



For under 20s

**Offers free, confidential advice, condoms,
contraception, emergency contraception,
STI & HIV / AIDS testing, pregnancy testing
and abortion referrals.**

Please call or drop in:

Mon - Fri: 3.30 - 4.30



Tubes:
Picadilly,
Leicester
Square,
Tottenham Ct Rd

Buses:
Most west end
busses stop
near Dean St.

56 Dean Street
56 Dean St, Soho, W1
020 8846 6699

Cont@ct 3



For anyone under 19

**Will offer free confidential advice, condoms,
STI & HIV / AIDS testing, pregnancy testing,
contraception, emergency contraception.**

**For more information or advice
please call: 020 8846 6130**

Or drop in Wednesday 3.00 - 5.00.

www.chelwest.nhs.uk/hiv-sexual-health



Tubes:
Earls Court,
South
Kensington,
Fulham B'way,
Sloane Square

Buses:
C3, 14, 414,
211 & 328

Cont@ct 3 - John Hunter Clinic
369 Fulham Road, SW10 9NH
020 8846 6699

John Hunter Clinic



For all ages

**Offers free, confidential advice, condoms,
contraception, emergency contraception,
STI & HIV / AIDS testing and abortion referrals**

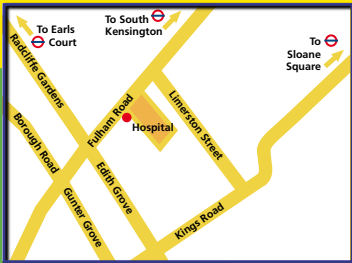
Please call for an appointment:

Mon - Tue & Thu - Fri: 9.00 - 4.15

Wed: 12.30 - 7.15

**Please drop on if you are under 16,
need advice or have symptoms.**

www.chelwest.nhs.uk/hiv-sexual-health



Tubes:
Earls Court,
South
Kensington,
Fulham B'way,
Sloane Square

Buses:
C3, 14, 414,
211 & 328

John Hunter Clinic
369 Fulham Road, SW10 9NH
020 8846 6699

Violet Melchett Clinic



For all ages

Offers free, confidential advice, condoms, emergency contraception, contraception, pregnancy testing, chlamydia testing & abortion referalls

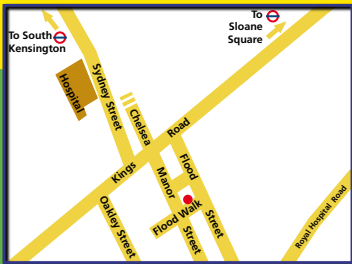
Please call for an appointment:

Mon: 6.30 - 8.00

Tue: 5.30 - 7.00

Wed: 9.30 - 11.00

Fri: 1.30 - 3.00



**Tubes:
Sloane Square
& South
Kensington**

**Buses:
11, 19, 22, 49,
211 & 319**

**Violet Melchett Clinic
30 Flood Walk, SW3 5RR
020 7349 2800**

Emperors Gate Centre



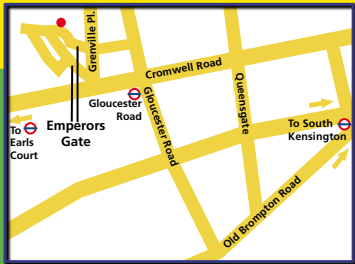
For all ages

Offers free, confidential advice, condoms, contraception, emergency contraception, pregnancy testing, chlamydia testing & abortion referalls.

Please call for an appointment or drop-in in an emergency:

Tue: 1.30 - 3.30, & 5.30 - 7.00

Wed: 5.30 - 7.00



Tube:
Gloucester Road

Buses:
49, 70, 74

Emperors Gate Centre
Emperors Gate, SW7 4HJ
020 7244 5600

Worlds End Health Centre



For Under 25s

Offers free, confidential advice, condoms, contraception, emergency contraception, pregnancy testing, chlamydia testing & abortion referalls.

Please drop-in:

Mon: 9.30 - 11.00

**Please call for an appointment
or drop-in in an emergency:**

Thu: 5.15 - 7.15

Tel: 020 7349 3200 - Main Switchboard



Tubes:
**Fulham
Broadway
&
West Brompton**

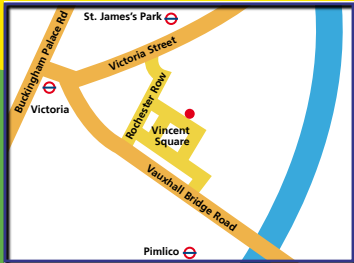
Buses:
C3, 11, 22

**Worlds End Health Centre
Family Planning Service
529 Kings Road, SW10 0UD
020 7349 3207**

South Westminster Centre



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Tubes:
Victoria,
Pimlico,
St. James's Park,
Vauxhall.

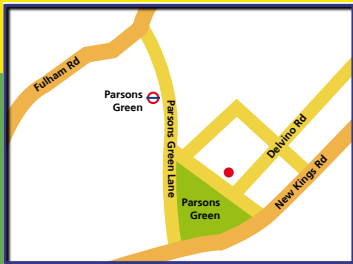
Buses:
C10, 507, 88,
185, 2, 36, 11,
148, 211, 24.

South Westminster Centre
St George's House, 82 Vincent Square,
SW1 2PF
020 8746 5757

Parsons Green Centre



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Tubes:
Parsons Green

Buses:

Parsons Green Centre
5-7 Parsons Green, SW6 4UL
020 8846 6767 / 6830

White City Health Centre



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**Tubes:
White City**

Buses:

**White City Health Centre,
Australia Road, W12 7PH
020 8846 6464 / 6416**

Soho Centre for Health



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Tubes:

Buses:

**Soho Centre for Health
1 Frith Street, W1 5TZ
020 7534 6500**

Queens Park Health Centre



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Tubes:

Buses:

**Queens Park Health Centre
Dart Street, W10 4LD
020 8968 8899**

Metrosexual Health



Free confidential sexual health service

Appointment: 0208 968899

Sexual health information and advice

Tubes:

Buses:

**Queens Park Health Centre
Dart Street, W10 4LD
020 8968 8899**



**Young peoples
Sexual Health Services**



Cont@ct
56 Dean Street



Cont@ct (young people under 20 years)

Mon–Fri, 3:30–4:30pm

Appointments: 020 8846 6699



Tubes:
Picadilly,
Liecester
Square,
Tottenham Ct Rd

Buses:
Most west end
busses stop
near Dean St.

Cont@ct
56 Dean Street
020 8846 6699

Cont@ct 2
West London Centre



walk in clinic for those aged 19 and under

Appointments: 020 8846 6699



Tubes:
Fulham
Broadway
&
West Brompton

Buses:
C3, 11, 22

Cont@ct 2
West London Centre
020 8846 6699

Cont@act 3
John Hunter Clinic



For anyone under 19

**Will offer free confidential advice, condoms,
STI & HIV / AIDS testing, pregnancy testing,
contraception, emergency contraception.**

**For more information or advice
please call: 020 8846 6130**

Or drop in Wednesday 3.00 - 5.00.

www.chelwest.nhs.uk/hiv-sexual-health



Tubes:
Earls Court,
South
Kensington,
Fulham B'way,
Sloane Square

Buses:
C3, 14, 414,
211 & 328

Cont@act 3
John Hunter Clinic
020 3315 6699

Chlamydia screening!

**1 in 10 young people
under the age of 30
who are**

**sexually active
have**

Chlamydia.

Emergency contraception is best used as soon as possible but can be taken up to 3 days (72 hours) after sex without a condom, to help stop unwanted pregnancy.

Emergency Hormone Contraception (EHC) in Pharmacy

**APEK PHARMACY, 107 PRAED STREET,
W2 1NT - 020 7724 8698**

**BENSON PHARMACY, 276 HARROW ROAD,
W2 5ES - 020 7286 8738**

**BOOTS THE CHEMISTS LTD, 4 ST JAMES STREET,
COVENT GARDEN, WC2E 8BH - 020 7379 8442**

**BOOTS THE CHEMISTS LTD, 114 QUEENSWAY,
W2 4QS - 020 7229 1183**

Emergency Hormone Contraception (EHC) in Pharmacy


**BROWNS CHEMIST, 195 SHIRLAND ROAD,
W9 2EU - 020 7286 0377**

**COLONADES PHARMACY, 30 PORCHESTER ROAD,
W2 6ES - 020 7727 5713**

**NASHI PHARMACY, 55 WESTBOURNE GROVE,
W2 4UA - 020 7229 3559**

**STAR PHARMACY, 33 STRUTTON GROUND,
SW1P 2HY - 020 7222 1589**

9 steps to good condom use:

- 1) Check the condom packet is in good condition i.e. no holes and is not all scrunched up and there is air inside.**
- 2) Look for the 'Kitemark' sign.** 
- 3) Check the date e.g. 2008/9 means september 2008**
- 4) Open it with hands NEVER teeth or sharp objects**
- 5) Take condom out of packet and unroll very slightly to check it's NOT inside out. If it is, it will keep rolling back up the penis. If this happens take it off and start again with a new one.**

- 6) Make sure the penis is hard.
- 7) Pinch the teat at the top and roll the condom all the way down the penis. This gets rid of the air so it won't split during sex.
- 8) Hold on to the base of the condom as you withdraw, making sure the condom is not left inside the vagina.
- 9) Throw it away in the bin NEVER the toilet.

ARE YOU READY...

You probably won't be ready for sex 'till you can tick all these boxes.

But remember even if you are ready - it still doesn't mean you have to!

Remember too that just because you've already had sex - it doesn't mean you have to again - you can take some time out.

...OR NOT QUITE YET?

- You feel you could say no if you wanted to and that would be ok - but you still want to do it.
- You can have a laugh together without actually having sex.
- You each want it for yourself, not for the other person or to fit in with friends or others' expectecations of you.
- Nobody's forcing you, pressuring you or making you.
- You have discussed using condoms and contraception, and agreed what happens next and whether or not to tell your friends afterwards as well as talking about the implacationsif you become pregnant.

People who work at sexual health services are medically trained to help you deal with whatever issue you may have. They see lots of people with lots of different issues everyday. They are not easily shocked. So if you are unsure about anything please go and see them. They are there to help you.



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA



brook

www.brook.org.uk

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