

Want to take control of your sexual health? We can help

- eC-Card Scheme - free condoms
- Contraception
- Emergency Contraception
- Pregnancy Tests
- Wellbeing & Advice
- STIs Testing & Treatment



Call us on 0300 003 1212
or visit askingforafriend.org.uk

Calling the Helpline

Free | Confidential | Friendly



Our helpline is delivered by trained professionals who can help with any sexual health issue or challenge. Whatever you need, they'll simply listen carefully, offer you advice and ensure you get the help you require.

Opening Hours:

Monday - Friday

8am - 8pm (closed bank holidays)

Saturday

8am - 1pm

