

➤ Access information and services which will help you **stay healthy and happy**

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

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



Visit our website:

askingforafriend.org.uk



Call our Navigation Hub:

0300 003 1212

Free | Confidential | Friendly

Our Navigation Hub 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

Out of hours service call 111 or visit www.111.nhs.uk