



Health, Sexual Health and Contraception

Non-sexual Health

- NHS Website (info/signposting) <https://www.nhs.uk/>
- University Health Centre (info) links you to a professional you can speak to about health concerns <http://www.durhamstudenthealth.co.uk/>
- St John's Ambulance (info) provides first aid information and general health information. <http://www.sja.org.uk/>

Sexual Health & Contraception

General information

- NHS (info) can provide a guide to Emergency contraception <http://www.nhs.uk/Conditions/Emergency-contraception/Pages/Introduction.aspx>
- NHS (info) also has a guide to sexually transmitted infections <http://www.nhs.uk/Conditions/Sexually-transmitted-infections/Pages/Introduction.aspx>
- National Sexual Health Helpline (helpline) provides medical and sexual health advice provided by the department of health and social care <https://www.sexwise.org.uk/contact>

Abortion

- British Pregnancy Advisory Service (helpline/ info/ healthcare) provides help for anyone who is inquiring about abortion, requiring pills or contraception or desiring advice after treatment. <https://www.bpas.org/>
- Brook (info) has extensive info on sexual health, pregnancy, miscarriage, abortion, adoption, with links to support and helplines. <https://www.brook.org.uk/>
- Marie Stopes International (helpline) has help and advice on contraception, termination of pregnancy, female sterilization, and vasectomy. <https://www.mschoices.org.uk/#>

If they disclose a specific identity

For HIV+ positive people

- Terrence Higgins Trust (helpline/live chat/email) is charity that works with HIV-positive individuals aiming to give legal and practical advice. <https://www.tht.org.uk/our-services/support-services/tht-direct-helpline>
- NAT- HIV Charity (info) provides information on understanding HIV, as well as guidance on living with it. <http://www.nat.org.uk/>
- PositivelyUK (helpline/ peer mentor training) provides specific spaces for women, gay men and those under 30. <https://positivelyuk.org/>

Support for those at risk of or how have had FGM

- ForwardUK (helpline/ one to one support/email) is for those at risk or who have had FGM. <https://www.forwarduk.org.uk/about-us/contact-us/>
- Ashiana (info/one-on-one counselling/support groups) provides services for Black and Minority Ethnic women who have had or are at risk of FGM <https://www.ashiana.org.uk/services/>