



Sexual Health and Pregnancy

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Contents:

Sexual health and contraception	1
General sexual health and contraception information	1
Accessing contraception	2
STI testing	2
Fertility	3
Pregnancy	3
Miscarriage and abnormal pregnancy	4
Abortion	5
Support for HIV positive people	6
LGBTQIA+ sexual health support	6
PoC sexual health support	7
Support for victim-survivors of sexual violence	8
Sexual health support for victim-survivors of sexual violence	8
Support for victim-survivors of FGM	8

Sexual health and contraception

General sexual health and contraception information

- **NHS** (info) provides general information about **sexually transmitted infections (STIs)**, including their symptoms and how and where they can be treated.
<https://www.nhs.uk/conditions/sexually-transmitted-infections-stis/>
- **NHS** (info) provides lots of information about the different types of **contraception**, how to obtain and use them, and information about emergency contraception.
<https://www.nhs.uk/contraception/>
- **NHS** (info) provides a **sexual health clinic** locator to find the nearest sexual health clinic.
<https://www.nhs.uk/nhs-services/sexual-health-services/find-a-sexual-health-clinic/>
- **Brook** (info) has extensive information on **STIs, contraception, sex, bodies** and much more. They also provide a more extensive **service locator** to help find access to contraception, lubricants, advice and more.
<https://www.brook.org.uk>
 - Service locator: <https://www.brook.org.uk/find-a-service/>



- **National Sexual Health Helpline** is provided by the Department for Health and Social Care, and can provide advice on a range of sexual health issues, including on **STIs and testing**, **contraception** and **pregnancy**.
 - Phone: 0300 123 7123
 - Available Mon-Fri 09:00-20:00; Sat-Sun 11:00-16:00

Accessing contraception

- **NHS** has a range of options for accessing contraception, including through GPs, sexual health clinics, pharmacies and without prescription. They have a locator tool to find the nearest such services.
<https://www.nhs.uk/nhs-services/sexual-health-services/find-contraception-services/>
- **County Durham C-Card Scheme** provides the ability to collect free condoms, femidoms, lubricants and dams from a number of participating retailers and pharmacies. Users need to sign up to collect a card at specific locations before they can collect condoms.
<https://www.nenc-healthiertogether.nhs.uk/resources/information-on-local-healthcare-services/c-card-services-2>
- **SH:24** provides a number of different non-emergency contraceptive options that can be delivered by post for free in Durham, providing you meet blood pressure criteria.
<https://sh24.org.uk/>
- **Fettle** provides paid-for contraception, including emergency contraception, that can be delivered by post.
<https://fettle.health/>

STI testing

- **SH:24** is the provider in Durham for free, discreet at-home STI testing kits that test for a number of different infections.
<https://sh24.org.uk/>
- **NHS sexual health clinics** can provide free STI testing on-site. You may need an appointment to be able to obtain tests.
<https://www.nhs.uk/nhs-services/sexual-health-services/find-a-sexual-health-clinic/>
 - Central booking helpline: 0191 372 8700
 - Available Mon-Fri 09:00-17:00
- **BPAS** can offer some STI tests at their clinics, or by post, for free. You will need to call their helpline or email them to access these tests.
 - Phone: 03457 304 030
 - Available Mon-Fri 07:00-18:00; Sat 08:00-16:00; Sun 09:30-14:30
 - Email: info@bpas.org



- **Fettle** provides nationwide paid-for STI testing kits that test for a number of different infections if you cannot access a free testing kit.

<https://fettle.health/>

Fertility

- **NHS** (info) has a range of information on the possible causes, diagnosis and treatment for infertility, as well as how you can reduce the risk of infertility.

<https://www.nhs.uk/conditions/infertility/>

- **Fertility Network UK** (info/helplines) offers information, advice and support for anyone suffering from infertility-related problems, as well as an information helpline and a support helpline.

<https://fertilitynetworkuk.org/>

- Information helpline: 01424 732361
- Support helpline: 0121 323 5025

Pregnancy

- **NHS** (info) has a vast array of information on the different stages of pregnancy, from conception until after birth, including information on complications, abnormal pregnancies and how LGBTQIA+ people can start families.

<https://www.nhs.uk/pregnancy/>

- **BPAS** (info) provides information about the different stages of pregnancy, as well as specialising more in pregnancy testing and fetal anomalies.

<https://www.bpas.org/more-services-information/pregnancy-miscarriage/>

- **Kicks Count** (info) provides a pregnancy information guide for expectant mums and dads focussing on baby movement monitoring and a range of support options.

<http://www.kickscout.org.uk/>

- **NCT** (info/helpline) provides impartial information on all areas of pregnancy, birth and early parenthood, including help with feeding. They also provide a support helpline for new parents to ask questions or receive emotional support.

<http://www.nct.org.uk/>

- Phone: 0300 330 0700



- **PANDAS** (info/helpline/email/WhatsApp) offers advice and support to individuals and their families across the UK suffering pre and postnatal illnesses. They offer a helpline and email service, as well as support groups - both online and offline - for families to meet like-minded others.

<https://pandasfoundation.org.uk/>

- Phone: 0808 1961 776
 - Available Mon-Fri 10:00-17:00
- Email: info@pandasfoundation.org.uk
 - They aim to respond within 3 days
- WhatsApp: 07903 508334
 - Available Mon-Sun 10:00-20:00
 - They aim to respond within 1 hour

Miscarriage and abnormal pregnancy

- **NHS** (info) has lots of information about the causes of miscarriage, symptoms, the process of diagnosis, and support available after a miscarriage, including counselling.

<https://www.nhs.uk/conditions/miscarriage/>

- **Miscarriage Association** (info/helpline/email) offers support and information to those affected by miscarriage, ectopic pregnancy, or molar pregnancy.

<http://www.miscarriageassociation.org.uk/>

- Phone: 0192 420 0799
 - Available Mon, Tue, Thu 09:00-16:00; Wed, Fri 09:00-20:00
- Email: info@miscarriageassociation.org.uk

- **Tommy's** (info) offers information on the options available following a miscarriage, and what to do moving forward.

<https://www.tommys.org/baby-loss-support/miscarriage-information-and-support>

- **Aching Arms** (info/helpline/email) provides support to those affected by baby loss, including miscarriage. They also help grieving parents befriend others in similar situations to guide them through the process.

<https://www.achingarms.co.uk/>

- Phone: 07464 508 994
- Email: support@achingarms.co.uk



- **Ectopic Pregnancy Trust** (info/helpline/email/video call/BSL) provides support to anyone who has experienced an ectopic pregnancy as well as partners and wider family members and friends. A range of confidential channels is available including a call-back service, email support, online forums, video calling and BSL interpretation.
<https://ectopic.org.uk/>
 - Phone: 020 7733 2653
 - They aim to respond within 2 days
 - Email: ept@ectopic.org.uk
 - Zoom, Skype and BSL interpretation available on request via phone call
- **The National Organisation for FASD** (info/helpline) provides support to people affected by Foetal Alcohol Spectrum Disorders (FASD), their families and communities. They also provide a helpline.
<https://nationalfasd.org.uk/>
 - Phone: 0208 458 5951

Abortion

- **NHS.** (referred) Most abortions can be carried out on the NHS, for free. Any pregnant person can be referred through a sexual health clinic, or by their GP. The NHS also provides a wealth of information on the process and choices during an abortion.
<https://www.nhs.uk/conditions/abortion/>
- **BPAS.** (self-refer) BPAS are a provider of NHS abortions, without having to visit an NHS sexual health clinic or GP. They also provide a helpline which can be used to discuss concerns, ask questions about the process, or book an initial appointment.
<https://www.bpas.org/>
 - Phone: 03457 304 030
 - Available Mon-Fri 07:00-18:00; Sat 08:00-16:00; Sun 09:30-14:30
 - Email: info@bpas.org
 - Book an appointment online:
<https://www.bpas.org/contact-us/care-support/book-an-appointment/>
- **MSI Reproductive Choices UK** (info/helpline/live chat) offer a wealth of information on the process of abortion and how you can access it. They have an advice phone line, and are a provider of NHS abortions outside of Durham.
<https://www.msichoice.org.uk/>
 - Phone: 0345 300 8090
 - Available Mon-Sun 07:00-18:00
 - Live chat: <https://www.msichoice.org.uk/contact-us/>



- **NUPAS** (info/helpline/live chat) specialise in unplanned pregnancies, and offer information on the process of abortion and how to access them. They have an advice phone line, and are a provider of NHS abortions outside of Durham.

<https://www.nupas.co.uk/>

- Phone: 0333 004 6666
 - Available Mon-Sun 08:00-20:00
- Live chat: <https://www.nupas.co.uk/contact-us/>

Support for HIV-positive people

- **Terrence Higgins Trust** (info/helpline/email/live chat) provides information on sexual health and living with HIV, practical and legal support, as well as access to PrEP and PEP. They also provide a helpline, email, live chat service, a counselling service and HIV testing kits.

<https://www.tht.org.uk/>

- Phone: 0808 802 1221
 - Available Mon-Fri 10:00-18:00
- Email: info@tht.org.uk
- Live chat: <https://www.tht.org.uk/get-help/support-services/tht-direct-helpline>
 - Available Mon-Fri 11:00-13:00, 15:00-17:00
- **NAT** (info) provides information on understanding HIV and guidance on living with it.
<http://www.nat.org.uk/>
- **PositivelyUK** (info/helpline/email) provide a wealth of information on living with HIV, including online training modules on how to support others through the HIV journey. They also provide a helpline and email service.
<https://positivelyuk.org/>
 - Phone: 0207 713 0444
 - Email: info@positivelyuk.org

LGBTQIA+ sexual health support

- **Getting it on** (info) provides some useful information about sexual health for LGBTQIA+ individuals, including how to obtain and use PrEP and PEP.

<https://www.gettingiton.org.uk/lgbtq-sex-sexual-health>

- **Black Beetle Health** (info) provides a range of information, posters and podcasts on sexual, reproductive and mental health for people of colour and LGBTQIA+ people. They cover



topics such as contraception, HIV (including PrEP/PEP) and cancers.

<https://www.blackbeetlehealth.co.uk/>

- **Switchboard** (helpline/live chat/email) - a confidential, non-judgemental LGBTQ+-specific listening service

<https://switchboard.lgbt/>

- Phone: [0800 0119 100](tel:08000119100)
 - Available Mon-Sun 10:00-22:00
- Live chat: <https://switchboard.lgbt/>
- Email: hello@switchboard.lgbt
 - They aim to reply within 5 days.

PoC sexual health support

- **Black Beetle Health** (info) provides a range of information, posters and podcasts on sexual, reproductive and mental health for people of colour and LGBTQIA+ people. They cover topics such as contraception, HIV (including PrEP/PEP) and cancers.

<https://www.blackbeetlehealth.co.uk/>

- **Halo Project** (helpline/info). Supports Black and minoritised victim-survivors of female genital mutilation, forced marriage, honour-based violence, trafficking, hate crime, domestic violence and modern slavery.

<https://www.haloproject.org.uk/>

- Phone: 01642 683 045
 - Available Mon-Fri 09:00-17:00



Support for victim-survivors of sexual violence

Sexual health support for victim-survivors of sexual violence

- **The Meadows Sexual Assault Referral Centre (SARC)** (advice/forensic medical exams/counselling/Independent Sexual Violence Advisors/referrals to other organisations/emergency contraception). SARC is a 24/7 service offering forensic medical exams, support, counselling, and sexual health screenings for victim-survivors of sexual violence. They can provide an exam without police involvement and the evidence can be stored for up to 6 months while you decide what to do next, and they can help you consider your reporting options. For the collection of evidence, some things are time sensitive (i.e. 72-hour window), but SARC offers practical help and helps them learn more about their options while giving them time to consider what to do next.
<https://www.themeadowsdurham.org.uk/index.html>
 - Refer yourself by phone: 0333 344 8283
 - Available 24/7
- **Rape and Sexual Abuse Counselling Centre** (counselling helpline/Independent Sexual Violence Advisors/peer support groups). RSACC offers free confidential counselling and support to victim-survivors who have experienced any form of sexual violence.
<https://www.rsacc-thecentre.org.uk/>
 - Emotional support helpline: 0300 222 5730
 - Available Tuesday (18:30-20:30), Wednesday (10:00-12:00, 18:30-20:30), Thursday (10:00-12:00), Saturday (10:00-12:00)
 - Email: support@rsacc-thecentre.org.uk
 - They aim to respond within 7 days

Support for victim-survivors of FGM

- **National FGM Centre** (info). The National FGM Centre provides information and signposting to specialist services across the UK.
<http://nationalfgmcentre.org.uk/uk-fgm-services/>
- **NHS** (info). A list of community clinics offering support services for women with female genital mutilation.
<https://www.nhs.uk/conditions/female-genital-mutilation-fgm/national-fgm-support-clinics/>
- **Halo Project** (helpline/info). Supports Black and minoritised victim-survivors of female genital mutilation, forced marriage, honour-based violence, trafficking, hate crime, domestic violence and modern slavery.
<https://www.haloproject.org.uk/>
 - Phone: 01642 683 045
 - Available Mon-Fri 09:00-17:00



- **NSPCC** (helpline/email). For children specifically. If you are worried a child is at risk of or has already had FGM, call the NSPCC's free, anonymous dedicated FGM helpline.
<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/female-genital-mutilation-fgm/>
/
- Phone: 0800 028 3550
 - Available Mon-Fri 08:00-20:00; Sat-Sun 09:00-18:00
- Email: help@nspcc.org.uk