

SEXUAL HEALTH AND CONTRACEPTION

You don't have to be having sex to ask for advice.

It's important to sort out contraception before having sex.

There are 13 different kinds of contraception. Not all contraception needs to be taken every day. Some forms of contraception known as LARC (Long acting reversible contraception) last longer. To find out which method is right for you, visit

- Young Persons' Clinic
- GP
- Community Contraceptive Clinic
- School Nurse

STIs – SEXUALLY TRANSMITTED INFECTIONS

STIs can be passed from person to person through unprotected sex.

Condoms are the only type of contraception that can protect you against STIs including HIV (if they are used correctly).

Some STIs might not have any signs or symptoms, so you might have an infection without even knowing about it. If you are having sex, it is best to have regular check-ups.

Most STIs are easily treated, but if left untreated they can lead to serious problems, like infertility.

Chlamydia is the most common STI. It usually has no symptoms, but is easily treated.

A simple, self-taken test for Chlamydia is now available free for people under 25.

You can order a Chlamydia Postal Test Kit online at urLife.org.uk or by texting **URLIFE + NAME + ADDRESS** to 80800. Results will be texted back to you.

☎ For information, phone the Chlamydia screening helpline on 020 7530 3625/3630.

GENERAL CONTRACEPTION AND SEXUAL HEALTH SERVICES

☎ Clinics for all ages welcome young people. If you don't live in Camden you can call FPA on 0845 310 1334 for a clinic near you.

Please call before visiting to check opening times. Walk-in clinics can be busy, so be prepared to wait.

FREE CONDOMS FOR YOUNG PEOPLE UNDER 19 (Under 25 in some places)

The Arch
Brook
Brandon
Seriously Sexy Clinic @KYC
The Marlborough Clinic
The Margaret Pyke Centre
The Crowndale Health Centre

Turn over for details of Clinic opening times.

C-CARD CONDOM DISTRIBUTION SCHEME

If you are under 25, you can also get free condoms by registering for a C-Card. This means that you can get free condoms at easy access points across Camden. Look out for symbol for participating locations.



HAD UNPROTECTED SEX? SPLIT CONDOM? DON'T PANIC!

EHC – EMERGENCY HORMONAL CONTRACEPTIVE

If you have had sex without using contraception or think your contraception hasn't worked, you can take an emergency hormonal contraceptive (EHC) pill (aka 'morning after pill').

The EHC pill will usually prevent pregnancy if taken within **72 hours** (three days) of having sex.

It's more effective the earlier you take it after unprotected sex.

Young people friendly pharmacies offering EHC are listed in this booklet.

If you are under 20, some pharmacists can provide you with a free, confidential and friendly service for emergency contraception.

If it is more than 72 hours since having sex, there might still be options but you will need to see your GP, or one of the clinics listed in this booklet.

THE IUD

An intra-uterine device (IUD) can be fitted as EHC to prevent pregnancy up to *five days* after unprotected sex and is more effective the earlier you take it after unprotected sex. If it is more than five days since having sex, there may still be options but you would need to see your GP or one of the clinics listed in this booklet.

EHC is *free* from your GP, family planning clinic, sexual health clinics and in exceptional circumstances, from some pharmacies hospitals' A&E.

THINK YOU MIGHT BE PREGNANT?

If you think you may be pregnant, do a pregnancy test.

Pregnancy tests can tell whether you are pregnant once your period is five days late.

You can get a pregnancy test:

- Free from your GP, contraceptive clinics or services in this booklet
- Or, buy a kit from any Pharmacy. Some will do the test for you, for a fee. Take a small sample of urine with you – taken 'mid-stream' first thing that morning (ie the middle part of your pee).

If you are pregnant and you want to talk to someone about your options, you can visit any young people's sexual health service, contraceptive clinic, or your GP.

ABORTION SERVICES

If you are pregnant and you want to have an abortion (aka 'termination of pregnancy'), the sooner you get in touch with one of the services in this booklet, the better.

If you are under 16 you should be seen very quickly.

An NHS abortion is free.

You can be referred to an abortion clinic by your GP, a young people's clinic or a contraceptive clinic, see *Sexual Health and Contraception* section.

If you live in Camden or Islington you can refer yourself by calling:

Camden and Islington Central booking line

☎ 0845 300 2922.

Lines are open 24-hours. For more information, visit mariestopes.org.uk

YOUNG PEOPLE'S CLINICS

Special services for young people offer free and confidential advice and information on

- Sexual Health
- Contraception
- Emergency Contraception (morning after pill)
- Chlamydia and other Infection Tests
- Free Condoms

For young people who live, work or go to school in Camden.

All centres welcome all young people of any sexual orientation (straight, gay, lesbian, bisexual, transgendered, etc).

All services are free and confidential.

Walk-in means turn up at the available times.

YOUNG PEOPLE'S SEXUAL HEALTH CLINICS OUTSIDE CAMDEN

4YP Young People's Sexual Health Clinic
St Anne's Hospital
St Anne's Road
N15 3TH

☎ 020 8442 6605/
6536
4yp.co.uk
Tue 2.30–4.30pm

Health Bus available - See website for details Please call before visiting

🚶 Seven Sisters / Turnpike Lane
🚶 South Tottenham
🚶 29, 67, 141, 341

JUST NEED TO TALK?

For advice about sex, STIs, puberty and contraception:

Sexwise

☎ 0800 28 29 30
Textphone 0800 328 1651
ruthinking.co.uk
Mon–Fri
7am–midnight
Service for 12–18s

Pulse N7 Young People's Sexual Health Clinic

164 Holloway Road
N7 8DD

☎ 020 7527 1300

Mon 1–7pm
Tue 2–4.30pm
Wed 12–5pm Young
Thu 4.45–7.30pm
Fri 12.30–5pm

Walk-in service

🚶 Holloway Road / Highbury and Islington
🚶 43, 271, 393

YOUNG PEOPLE'S CLINICS

1 The Arch

Archway Sexual Health Clinic
Clerkenwell Building
Whittington Hospital
Archway Road
N19 5NF

☎ 020 7530 5800 (appointments)
☎ 020 7530 5814 (health adviser)
camdenpct.nhs.uk/archwayclinic
Mon-Thurs 15.00-16.30 for under 20s

Appointments also available. Daily opening times
Mon 9am-4.30pm
Tue 9am-1.30pm
Wed 1.30-4.15pm
Thu 9am-4.30pm

🚇 Archway
🚶 Upper Holloway
🚉 4, 17, 41, 134, 143, 210, 263, 271, 390, C11, W5

2 Brandon Centre

26 Prince of Wales Road NW5 3LG

☎ 020 7267 4792/1321
brandon-centre.org.uk
Mon 9.30am-8pm
Tue 9.30am-6pm
Wed 9.30am-7pm
Thu 9.30am-6.30pm
Fri 9.30am-5pm

For young people aged 12-21. Please call before visiting. Also offers a counselling service

🚇 Kentish Town
🚶 Kentish Town West
🚉 46

3 Brook@Euston

92-94 Chalton Street
Somers Town
NW1 1HJ

Young People's Info-line:
☎ 020 7387 8700
National advice line:
0800 018 5023
brooklondon.org
Mon-Thu 12-7pm
Fri 12-3pm
Sat 12-2pm

Clinic for under 25s. Please call before visiting. Also offers a counselling service

🚇 Euston
🚶 Euston
🚉 10, 18, 30, 59, 68, 73, 205, 253, 390, 476

4 Seriously Sexy Clinic @ KYC

12-22 Kilburn High Road NW6 5UH
☎ 020 7328 7172 (opt 4)

health@kilburnyouthcentre.org.uk
Mon 4-5pm Under 16s drop in
Wed 10am-1pm, girls over 16
Wed 6-7.30pm, LGBT drop in
Thu 3-5pm, general drop in
Fri 10am-12pm, boys over 16s drop in

Walk-in clinic, first come first served. Sexual health service for under 25s

🚇 Kilburn Park
🚶 Kilburn High Road
🚉 16, 98, 206, 328

5 Marlborough Clinic

Royal Free Hospital
Pond Street
NW3 2QG

☎ 020 7830 2047

Walk-in clinic for under 20s
Mon 3-6pm

🚇 Belsize Park
🚶 Hampstead Heath
🚉 24, 46, 168, 268, C11

GENERAL CONTRACEPTION, FAMILY PLANNING AND SEXUAL HEALTH SERVICES

1 Belsize Priory Health Centre

208 Belsize Road
NW6 4DX

☎ 020 7530 2600
Walk-in: Mon and Wed 5-6.30pm
Fri 9.15-11am
Appointments can only be booked at walk in sessions

🚇 Kilburn Park
🚶 Kilburn High Road
🚉 31, 139, 189

2 Crowdale Health Centre

59 Crowdale Road
NW1 1TU

☎ 020 7530 3800
Walk-in:
Mon 5-6.30pm
Fri 9.30 - 11am
Appointments:
9.15 - 11am on all days and Wednesday afternoons. Condoms available at all times

🚇 Kilburn Park
🚶 Kilburn High Road
🚉 16, 98, 206, 328



Appointments 9.15-11am on all days and Wednesday afternoons. Condoms available at all times

🚇 Mornington Crescent
🚶 Euston
🚉 24, 27, 29, 88, 134, 168, 214, 253

3 Mortimer Market

The Mortimer Market Centre
off Capper Street
WC1E 6JB

☎ 020 3317 5100
Health advisers:
020 3317 5111
camden.nhs.uk

Mon and Thu 8.30am-6pm
Tue 8.30am-7pm
Wed 1pm-6pm
Fri 8.30am-3pm

4 Hunter Street Health Centre

8 Hunter Street
WC1N 1BN

☎ 020 7530 4300
Walk-in:
Tue 5-6.30pm
Wed 9.30-11am

🚇 Russell Square / King's Cross
🚶 King's Cross
🚉 59, 68, 91, 168, 188

5 Margaret Pyke Centre

73 Charlotte Street
W1T 4PL

Appointments
☎ 020 7530 3600
Advice
☎ 020 7530 3636
Emergency walk-in service:
Mon-Fri 9-11am and 12-4pm
Or call to book an appointment at other times

General contraception and advice, infection testing

🚇 Goodge Street
🚉 10, 24, 29, 73, 134, 390

PHARMACIES OFFERING SERVICES SUCH AS EHC & CHLAMYDIA SCREENING

1 Evergreen Pharmacy

64 Eversholt Street
NW1 1DA

☎ 020 7387 5826

🚇 Mornington Crescent
🚶 Euston
🚉 168, 253

2 JP Pharmacy

139 Camden High Street NW1 7JR

☎ 020 7482 2875

🚇 Camden Town
🚉 24, 27, 29, 88, 134, 168, 214, 253

3 Greenlight Pharmacy

138 Drummond Street
NW1 2PA

☎ 020 7387 3233

🚇 Euston / Euston Square
🚶 Euston
🚉 10, 18, 30, 73, 205, 390

4 Eico Pharmacy

97 Highgate Road
NW5 1TR

☎ 020 7485 1153

🚇 Kentish Town
🚶 Gospel Oak
🚉 214, C2

5 Fine Chemist

86 Queen's Crescent
NW5 4EB

☎ 020 7485 1592

🚇 Kentish Town
🚶 Kentish Town West
🚉 24, 46

6 Boots Pharmacy

40-42 Brunswick Shopping Centre
Marchmont Street
WC1N 1AE

☎ 020 7278 5040

🚇 Russell Square / King's Cross
🚶 King's Cross
🚉 59, 68, 91, 168, 188

7 Boots Pharmacy

16-17 Tottenham Court Road W1T 2BE

☎ 020 7580 3525

🚇 Tottenham Court Road
🚉 10, 24, 29, 73, 134, 390

8 Sandylight Chemist

131 Queens Crescent
NW5 4EG

☎ 020 72671138

🚇 Kentish Town
🚶 Kentish Town West
🚉 24, 46

9 Sainsbury's Chemist

Sainsbury's Supermarket
The O2 Centre
Finchley Road
NW3 6LU

☎ 020 7431 6347

🚇 Finchley Road
🚶 Finchley Road and Frognal
🚉 13, 82, 113, 187, 268, C11

10 Ritz Pharmacy

43 Heath Street
NW3 6UA

☎ 020 7794 7781

🚇 Hampstead
🚉 268, 46

11 Morrisons Pharmacy

Morrisons Supermarket
Camden Goods Yard
Chalk Farm Road
NW1 8AA

☎ 020 7485 1241

🚇 Chalk Farm / Camden Town
🚶 Kentish Town West
🚉 31, 168, 27, 24

12 Biotech Pharmacy

96 Camden Road
NW1 9EA

☎ 020 7485 1714

🚇 Camden Town
🚶 Camden Road
🚉 29, 253

13 Boots

196 Kentish Town Road
NW5 2AE

☎ 020 7485 4974

🚇 Kentish Town
🚶 Kentish Town
🚉 393, C2, 134, 214

14 Clockwork Pharmacy

150 Southampton Row
WC1B 5AN

☎ 020 7837 7143

🚇 Russell Square
🚶 Kings Cross
🚉 59, 68, 91, 168, 188

15 Greenfield (Day Lewis)

126 Kentish Town Road
NW1 9QB

☎ 020 7485 3851

🚇 Kentish Town
🚶 Kentish Town
🚉 393, C2, 134, 214

16 John Walker Chemist

2/3 Medway Court
WC1H 9QX

☎ Tel: 020 7485 4974

🚇 Kentish Town
🚶 Kentish Town
🚉 393, C2, 134, 214

17 Keats Pharmacy

30 Rosslyn Hill
WC1A 2SA

☎ 020 7405 8870

🚇 Holborn

18 Superdrug

82-84 Kilburn High Road
NW6 4HS

☎ 020 7328 6809

🚇 Kilburn Park
🚶 Kilburn High Road
🚉 316, 16, 32, 332, 189, 98

19 Medicine Box Chemist

21 Camden High Street
NW1 7JE

☎ 020 7387 6764

🚇 Camden Town
🚶 Euston
🚉 24, 27, 29, 88, 134, 168, 214, 253

20 Village Pharmacy

9 Belsize Terrace
NW3 4AX

☎ 020 7794 2178

🚇 Belsize Park
🚶 Hampstead Heath
🚉 168, 603, 46

KEY TO SYMBOLS:

● Chlamydia testing available
● Under 20's emergency contraception service available