

Brighton & Hove SHAC

Offers walk-in & wait and booked appointments at three locations across the city.

SHAC Central

- Brighton

SHAC West (Under 25's only)

- Hove

SHAC East

- Kemptown

For more information & appointments call **01273 523 388** or visit **www.brightonsexualhealth.com**

SHAC services offer free

- **Contraception**
- **STI testing & treatment**
- **Emergency contraception**
- **Pregnancy testing, advice & referrals**
- **C-Card & free condoms**
- **Information & advice**

SHAC services are open to everyone. Some people prefer a more specific clinic to better meet their needs. Specialist clinics are available including Women's, Trans, MSM and Young People only

Confidentiality

All services listed here are confidential, even if you are under 16. This means that we won't tell anyone that you have visited the service unless you or someone else is at risk of harm.

If you are worried about confidentiality, ask someone to explain the policy to you.



Contraception and Sexual HEALTH services for young people IN BRIGHTON & HOVE

6333 BHCC Comms Team



Free C-Card & Condoms

C-Cards are free for young people aged under 25 in Brighton & Hove. You can sign up to get a card which lets you get free condoms, femidoms and lube. Condoms can help prevent the risk of Sexually Transmitted Infections when used properly. They come in a variety of sizes, flavours and textures. Look out for the C-Card logo. For more information visit

www.brightonsexualhealth.com/advice/c-card-free-condoms



Emergency Contraception

If you have had unprotected sex or your contraception has failed (condom split, missed a pill) you can access free Emergency Hormonal Contraception (sometimes called 'morning after pill') up to 120 hours to prevent pregnancy. Emergency Contraception is available free from selected pharmacies, all SHAC clinics and your doctors' surgery.

To find out which pharmacies offer free Emergency Contraception visit www.brightonsexualhealth.com/advice/emergency-contraception

Chlamydia & Gonorrhoea

Chlamydia and Gonorrhoea are Sexually Transmitted Infections (STIs) which can sometimes be symptomless. All young people under 25 are offered free and confidential screening and treatment. Testing is quick, easy and painless and can be done yourself. It is a good idea to screen every six months if you are sexually active or whenever you change partners.

For information, advice and results please contact the Chlamydia Screening Programme on **01273 523 222**

Free Testing Kits

Free Chlamydia & Gonorrhoea self taken tests can be picked up from lots of places in Brighton & Hove, including pharmacies, youth services and doctors surgeries.

For more information Visit www.brightonsexualhealth.com/advice/chlamydia-gonorrhoea

Free Chlamydia & Gonorrhoea, Syphilis and HIV self taken tests can be sent to your home address. To order online please visit www.brightonsexualhealth.com/homekits