

Sexual health

If you are concerned about any aspect of your sexual health then you can make an appointment in confidence at your local NHS sexual health service. Most services also have a drop-in service and give telephone advice.

In North Tyneside

The One to One centre offers clinics at many locations across North Tyneside. Call the One to One centre on **0191 297 0441** or visit www.northtynesidepct.nhs.uk for a full list of clinics and drop in sessions.

Northumberland

If you think you have a sexually transmitted infection or if you need any kind of sexual health advice please call the central booking number for GUM, contraceptive advice and appointments.

Visit the [Northumberland Care Trust website](#) for details of opening times, clinics and directions, or call the central appointments and advice line on **01670 543131**.

Emergency contraception

You can use emergency contraception - often known as the morning after pill - if:

- You have had sex without using any contraception
- You think the contraception might not have worked.

Some community pharmacists offer free emergency contraception - ring NHS Direct on 0845 46 47 to find your nearest participating pharmacy.

All advice and treatment given is confidential (including for under 16s) and will not be communicated to your GP. Please contact the service where you live for more help.

Free condoms

[C card](#) is a scheme for young people aged 13-25 year olds. You can get free condoms at any C card outlet. C card is available across the North East. Call **0800 28 29 30** 7am to midnight seven days a week or visit the [RU THINKING website](#).

Sex wise

Sex wise is a free and confidential service for all aspects of sexual health. Call **0800 28 29 30**.

Access to abortion services

Women living in Northumberland, Newcastle or North Tyneside who are eligible for NHS treatment can self refer to abortion services this means they no longer have to go through their GP or sexual health service to get a referral although referrals can still be made through these services too.

Services are free and confidential and are available to women of all ages on a range of days and times. When contacting the services you will need to tell them your name, date of birth and the first day of your last menstrual period. All services also provide support with pregnancy decision making counselling if required and contraceptive advice and treatment.

For further information or to make an appointment contact one of the following services:

Northumbria NHS Healthcare Trust:

Clinics available in Hexham, Ashington and North Tyneside. Evening and week end appointments available.

Telephone: 0191-2031242 (8.00am – 6.30pm Monday to Friday)

Newcastle NHS Hospital Trust:

Clinics available in Newcastle. Evening and weekend appointments available.

Telephone: 0191 2829300 (24 hour telephone line)

British Pregnancy Advisory Service (BPAS)

Clinics available in Newcastle. Evening & weekend appointments available.

Telephone 08457 304030. (24 hour telephone line)