



Central and
North West London
NHS Foundation Trust

Sexual health services in Surrey for under 25s

Free and confidential
support for young people



Wellbeing for life

Having healthy sex

You're the only person who will know when you're ready for sex, don't be pressurised into it. If you feel someone is pressurising you to do something you don't want to, come and talk to us.

If pregnancy is a main concern then you should make an appointment with us for some effective contraception. There are lots to choose from and one will be right for you.

Anyone who is sexually active can get a Sexually Transmitted Infection (STI). You do not always know if you have an infection as they may not cause you any symptoms, so it is important that you get checked. We recommend that you and your partner(s) have sexual health testing before having sex at the start of a new relationship.

Book an appointment online at www.sexualhealth.cnwl.nhs.uk

Condoms

If you're ready, it's important that you think about how you might reduce any of the negative things that might happen. You can't really go wrong with using condoms. If used correctly every time, they are 98% effective at reducing the chances of pregnancy and limiting the spread of STIs.

Condoms are available for **free** via the C-Card scheme for under 25 year olds, ask at one of our clinics, or visit the healthy Surrey website for a list of outlets: www.healthysurrey.org.uk/your-health/sexual-health.

You can also buy condoms from Boots and other chemists, but you might prefer to purchase them anonymously online, such as from Freedoms-Shop.com. Freedoms Shop is run by CNWL, the same organisation that provides all sexual health services in Surrey.

Cheap & Discreet



72
condoms
£9.99
Free delivery



Letterbox friendly.

23 varieties.



 **freedom's**
www.freedom's-shop.com **Shop**

Free and confidential services

Anyone can use free NHS Sexual Health Services. In Surrey, you can access services either by visiting a clinic or by ordering an online home screening kit. Either way you choose, the service will be completely free, confidential and non-judgemental.

Sexual health clinics

We have three main clinics in Surrey – visit our website for more details including opening times at www.sexualhealth.cnwl.nhs.uk

Depending on where you live, work or study there should be a clinic that is convenient.

Online home screening kits

If you live in Surrey you can now order a home screening kit from www.sexualhealth.cnwl.nhs.uk/surrey-kits

You'll be sent a pack which contains swabs and easy to understand instructions.

Simply send back the samples and we'll tell you your results.

Lots of people who are busy or do not live near a clinic choose to use this service as it gives you the time to do the things you'd rather be doing.

We're here for you

We are also here to talk to if other things are worrying you, like drink and drugs or perhaps someone is making you feel unsafe, or do things you do not want to do.

The most convenient Sexual Health Screen!



FREE

Discreet, plain packaging, direct to you



Spend more time doing your thing

It's free, confidential and easy to use
Order your **home-testing** kit now:

www.sexualhealth.cnwl.nhs.uk/surrey-kits



We have three main clinics

To find out how to access the clinics or order an online test kit, please visit our website at www.sexualhealth.cnwl.nhs.uk. You can also call us on **01483 675389**.

If you are under 16, you can just walk into the Buryfields and Earnsdale clinic without an appointment.



Buryfields Sexual Health Clinic

61 Lawn Road, Guildford Surrey GU2 4AX



Earnsdale Sexual Health Clinic

2 Whitepost Hill, Redhill Surrey RH1 6BD



Woking Sexual Health Clinic

Woking Community Hospital 3
Heathside Road, Woking GU22 7HS

What to expect at your appointment

All of our services are confidential which means that we will not share your information or tell anyone about your visit or use of any of our services unless we believe that you, or someone else, are at risk of serious harm. If we believe this to be the case we may need to talk to other people outside of CNWL so that you can get additional support to protect you. We will always discuss this with you first before talking to anyone else.

For more information on sexual health services visit:
www.healthysurrey.org.uk/your-health/sexual-health

This document is also available in other languages, large print, Braille, and audio format upon request. Please email communications.cnwl@nhs.net

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

Arabic

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

Portuguese

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formie audio.

Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

Gujarati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

Turkish