# Sexual health support for young people

#### **Chlamydia Testing**

Chlamydia - most common sexually transmitted disease in the UK.

It can present with no symptoms, and will be visible on testing two weeks after the last risk.

Postal testing kits available via www. yorsexualhealth.org.uk

- Yorsexual health clinics
- Most GP surgeries
- Some pharmacies
- Healthy child team
- Some schools
- Prevention service.

## Emergency Contraception (EC)

EC is needed when there had been recent unprotected sex or when a contraception method had failed.

Emergency hormonal contraception - up to 120 hours after unprotected sex.

IUD (coil) up to 5 days after unprotected sex.

#### EHC - available free:

- Yorsexual health clinics
- GP surgeries
- Some pharmacies
- Healthy child team

IUD - available free at some YorSexual health clinics.

# STI advice, testing and Contraception

Free STI testing for chlamydia, gonorrhoea, syphilis and HIV.
Free contraception and advice including hormonal pills and long acting methods.

Postal STI testing kits available via www. yorsexualhealth.org.uk Testing and

Contraception - all
Yorsexual health clinics
and GP surgeries.

#### **Pregnancy Testing**

If a young person believes they are pregnant a pregnancy test should be done as soon as possible.

A test can be done from the first day of a missed period or three weeks after last unprotected sex.

#### Free tests available:

- Yorsexual health clinics
- Young people's services
- Some GP surgeries
- Healthy Child team

Tests can be bought from all pharmacies.

#### **Free Condoms**

Condoms barrier method of contraception; only way to prevent the transmission of STI's. 98% effective contraception if used

Freely available from:

correctly.

- Yorsexual health clinics
- MESMAC website
- Some schools
- Some GP surgeries
- The Prevention service
- Healthy Child team.

#### The effects of alcohol and drugs on sexual health

Worried about the negative effects of substance use on a young person - access free help and practical support at Compass REACH.

#### Sexuality and Gender questions



If a young person has questions about their sexuality and/or their gender - signpost them or get advice from:

- Yorkshire Mesmac
- Gender Identity development service
- LGBT youth York
- LGBT youth groups in North Yorkshire
- Stonewall
- Healthy Child team.

### Confidentiality and safeguarding

All young people have the right to receive confidential advice and treatment.
All professionals have a duty of confidentiality to young people including under 16s.
In exceptional circumstances confidentiality may be broken - where the health, safety or welfare of the young person is at risk.

## Services available in North Yorkshire and what they do

• **Abortion services** – Provide free abortion treatment, advice and support; access via self-referral or through GP.

BPAS:

Tel: 03457 30 40 30 www.bpas.org

Marie Stopes

Tel: 0345 300 8090 www.mariestopes.org.uk

- **Compass REACH** Support all children and young people aged 9 to 19 (and up to 25 for those with special educational needs or disabilities) who are negatively affected by substance misuse, poor sexual health and issues relating to emotional wellbeing and mental health. Compass REACH can also provide access to chlamydia testing, pregnancy testing, emergency contraception and condoms for their clients. To access free help, advice and practical support at Compass REACH:
  - Tel: 01609 777662

Freephone: 0800 008 7452 Email: nyrbs@compass-uk.org

- Gender Identity development service - is the national highly specialised clinic for children and young people presenting with issues around gender identity. Any professional can refer to the service (they do not accept family or selfreferrals). Further information can be accessed at their website: gids.nhs.uk
- **Healthy Child team** (formerly known as School Nurses) team including nurses who are available for every child and young person in North Yorkshire. They can provide targeted support to children and young people who may be having any of the issues discussed in this pathway or require sexual health support. You can contact the customer contact centre on Tel: 01609 780780 for more information or to make a referral.
- LGBT Support Groups in North **Yorkshire** – a list of the LGBT groups can be accessed at cyps.northyorks.gov. uk/equalities-and-diversity in the LGBT quidance for professionals who work with children and young people.
- NYCC Prevention Service is available to provide support for children. young people and their families when issues of sexual health or sexuality are negatively impacting their lives and wellbeing. This could be via direct work or through signposting or referral to other appropriate services. You can contact the Customer Service Centre on Tel: 01609 780780 for more information or to make a referral.
- Yorsexual Health Provide sexual health services across North Yorkshire. Information about local services can be found on their website: www. yorsexualhealth.org.uk or by calling the central information and booking line Tel: 01904 721 111 Email: yorsexualhealth@york.nhs.uk
- Yorsexual Health's Specialist **Clinical Outreach Team** – offer clinical care and support to young and vulnerable people, including STI management, contraception and hepatitis B vaccination.

Tel: 01904 725440

• **Yorkshire Mesmac** – is the provider of Yorsexual health's community outreach service working with LGBT groups and individuals including LGBT young people and adults and BME young people. They support some of the youth groups that run in North Yorkshire as well as providing a range of other support. For more information and advice visit the website: www.mesmac.co.uk

Tel: 01904 620400









