

# Sexual Health support for young people in North Yorkshire

If you need advice, information, access to contraception, STI testing or abortion services in North Yorkshire there are different options available, all for FREE with a range of ways to get in touch for support.



Free and confidential services across North Yorkshire and York

**YorSexualHealth (YSH)** – confidential North Yorkshire sexual health service, this service runs from all over the county and can provide support, information and advice as well as access to the full range of contraception choices, including emergency contraception, STI testing and pregnancy tests.

**General Practice (GPs)** – your local practice where you live offers a good range of contraception and can talk with you about the options available, including emergency contraception. Condoms and chlamydia screening kits are available.

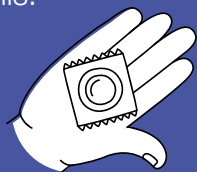
**Community Pharmacy** – walk in to any Pharmacy, no booking needed and offers access to emergency contraception (the morning after pill), condoms and chlamydia screening kits.

**Sex and consent** – consent means agreeing to do something. When it comes to sex, this means agreeing to have sex or engage in sexual activity. Find out about why consent is important during sexual activity. [Sex and consent – Brook](#)

## Contraception

Before you decide where you are going to get contraception it is a good idea to think about what choices you have. Websites like the two below can help you think about this:

[Contraception: Unsure Which Type is Right For You? – Brook](#)  
[Contraception – Sexwise](#)



## Types of services you might need:

### Emergency oral contraception (EC)

This is sometimes called the morning after pill and can be used up to 3-5 days after unprotected sex. There is also a copper coil that is offered as the most effective emergency contraception.



EC tablets and coils are available free from YSH, the local North Yorkshire sexual health service.

[YorSexualHealth – Home](#) Call **01904 721111**, 8:15am to 5pm Monday to Thursday and 8:15am to 3:30pm Friday and 9am to 12pm Saturday.

If you are under 17, you can text **07973 775692** to make an appointment Monday-Friday 8.15am-3:30pm.

EC is available free from your GP practice for people of all ages, and from participating Community Pharmacies to people aged 24 and under.

### Contraception (condoms, oral pills, injections, implants, COILS)

All forms of contraception are available free from your GP practice.

Alternatively, all forms of contraception are freely available from YSH. Call **01904 721111**, 8:15am to 5pm Monday to Thursday and 8:15am to 3:30pm Friday and 9am to 12pm Saturday.

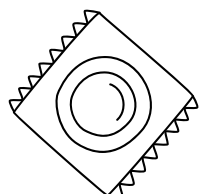
Aged 17 or under? You can also text us on **07973 775692** to make an appointment. We will respond to your text during office hours between 8.15am and 3:30pm.

### Condoms

16–24-year-olds can order online or arrange to collect from YSH.

[YorSexualHealth – Order condoms](#)

GP practices and Pharmacies can give out free condoms. Pharmacies also sell condoms.



## Pregnancy testing

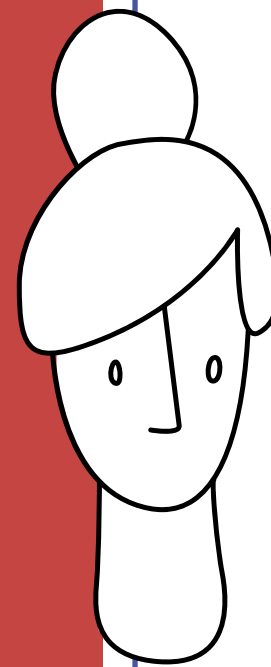
Pregnancy tests can be done for free from YSH.

For YSH call **01904 721111**, 8:15am to 5pm Monday to Thursday and 8:15am to 3:30pm Friday and 9am to 12pm Saturday.

If you are under 17, you can text **07973 775692** to make an appointment Monday-Friday 8.15am-3:30pm

Alternatively, pregnancy tests can be bought from any community pharmacy or local supermarket.

If you have had a positive pregnancy test and are under 17 you need to speak to a trusted person as soon as possible to get support into services for options discussions.



## Abortion Services available in North Yorkshire

Provide free abortion treatment, advice and support; access via self-referral.

BPAS:  
Tel: **03457 30 40 30**  
[www.bpas.org](http://www.bpas.org)  
MSI Reproductive Choices  
Tel: **0345 300 8090**  
[www.msichoice.org.uk](http://www.msichoice.org.uk)

## Sexually transmitted infections (STI) testing and treatments

To read more about STIs please visit: [STIs – Sexually Transmitted Infections – Sexwise](#)

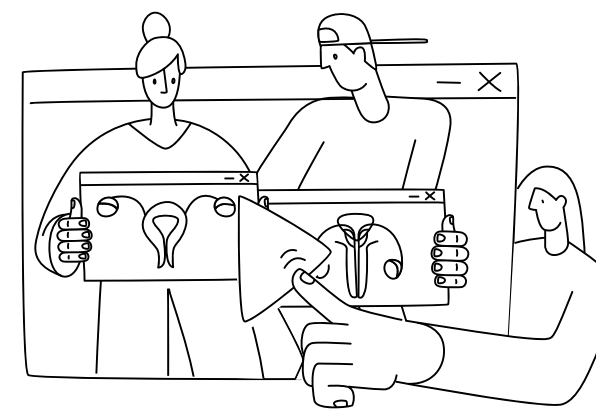
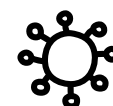
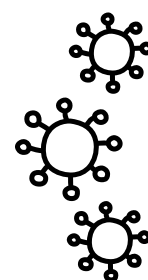
STI tests are available to order online via YSH for 16-year-olds and over.

[www.yorsexualhealth.org.uk/north-yorkshire/north-yorkshire-home/online-booking-and-testing](http://www.yorsexualhealth.org.uk/north-yorkshire/north-yorkshire-home/online-booking-and-testing)

STI testing is available in clinic for all ages.

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## Drug and alcohol use

Young people who need support around problematic drug and alcohol use can access support from NY Rise. [NY Rise – Humankind \(humankindcharity.org.uk\)](http://www.humankind.org.uk)

## Confidentiality and safeguarding

You have the right to receive confidential advice and treatment. All professionals have a duty of confidentiality to young people including under 16s. In situations where your health, safety or welfare of yourself or others is at risk, and when it's in your best interests, professionals may need to share information with other professionals.

# SEXUAL HEALTH

