

Are you a young person living in Bridgend, Merthyr Tydfil or RCT ??

Your Sexual Health Matters

Condom-Card (C-card) Scheme

Available to anyone between the ages of 13 – 25 who is sexually active, or just needs support, advice or information relating to sex & relationships.

Free condoms are available through the scheme.

Visit the below link or QR Code for venues in your area

<http://cccymru.co.uk/outlets/find/>



Sexual Health Wales



FREE CONDOMS



Anyone over the age of 16 can order free condoms online through the post.



FREE STI TESTING

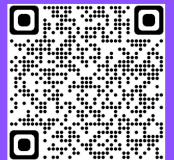


Testing kits for Chlamydia, Gonorrhoea, HIV, Syphilis, Hepatitis B and Hepatitis C are available via freepost for anyone 16+ living in Wales.

If you have a positive test result, you will be contacted by your local sexual health service to arrange free, confidential treatment & care.

INFORMATION ON CONTRACEPTION

Thinking about using contraception? Find out which contraception may be suitable for you.



Sexual Health Clinics

What is offered?

Contraception

Sexual health screening

Advice and support in relation to HIV prevention & treatment

Cervical screening clinics

How do I make an appointment?

To make an appointment at a clinic in Bridgend, Merthyr Tydfil or RCT, please contact one of our Triage Lines



01685 728272 or 01443 443836



Out of hours: Prince Charles Hospital Womens Health accessed via A&E

What about pregnancy/termination advice?

Bodywise (Rhondda/Taf): 01443 443192

Pregnancy Advisory Service

(Merthyr/Cynon): 01685 728497

Pregnancy Advisory Service (Bridgend): 01792 200303



Community Pharmacy

Free emergency contraception up to 120 hours after unprotected sex**



Free 3 months supply of oral contraception**



**Consultation Required to Check Suitability.

Some pharmacies also available on weekends.

Phone ahead before arriving to check if your Pharmacy offers the service you need.



SUSTAINING OUR FUTURE



INSPIRING PEOPLE



IMPROVING CARE



CREATING HEALTH



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board