

Got Questions About Sex and Relationships?



r u thinking?
About sex and relationships

For all your questions answered or for free confidential advice for under 18s about sex and relationships.

tel: **0800 28 29 30**

web: **ruthinking.co.uk**

Services For You in York

**29
CASTLEGATE**

Support & Advice for
Young Adults 16-25

Support and advice on benefits, work & learning, relationships and housing. Free condoms, pregnancy testing and Chlamydia screening.

tel: **01904 555400**

web: **www.29castlegate.org**

FRANK

If you have any questions or worries about drugs, get in touch with Frank. Calls are free from landlines and some mobiles. You can talk or email confidentially.

tel: **0800 77 66 00**

web: **talktofrank.com**



Free Emergency Contraception is available from your GP, Family Planning Clinics, The Walk In Centre, school and college Drop Ins and some pharmacies.

You can also talk to your school nurse or a youth worker about any relationships issues.

Monkgate Health Centre

GUM Clinic: **01904 725412**

Family Planning Clinic: **01904 725432**

Young People's Sexual Health

Outreach Team: **01904 725436**

Yorscreen (Chlamydia Screening Programme): **01904 725440**

Acomb Health Centre

Family Planning Clinic: **01904 724872**

First Base

For advice about drugs and alcohol:
01904 526240