



Teenage Pregnancy & Parenting Support Centre



middlesbrough
teenage pregnancy
strategy



TEESSIDE POSITIVE ACTION



MESMAC
NORTH EAST

Middlesbrough **NHS**
Primary Care Trust

South Tees Hospitals **NHS**
NHS Trust

Langbaugh **NHS**
Primary Care Trust



Telephone Helplines

Sexwise: 0800 282930

Sexwise is a free confidential advice line on sex, relationships and contraception for young people aged 18 or under. It's open from 7.00am to midnight every day (7 days a week). The phones are answered by professional advisers who are experienced in working with young people - they are friendly and helpful and will not ask who you are - you don't have to give your name and address www.ruthinking.co.uk

NHS Direct: 0845 4647

NHS information and advice service, providing advice and details of medical services available. Access 24 hours.

Sexual Health Direct: 0845 310 1334

Confidential information and advice on contraception and sexual health and details of family planning and sexual health clinics. Run by fpa. Available Monday to Friday 9.00am to 6.00pm.

Sexual Health Line: 0800 567 123

Free confidential advice on Sexually Transmitted Infections, sexual health and where to find local services. Access 24 hours.



Websites

www.playingsafely.co.uk

For 16-24 year olds, offers straightforward advice on safer sex, HIV and other sexual infections.

www.bpas.org

How to access BPAS services to prevent or end unwanted pregnancy with contraception or abortion.

www.maristopes.org.uk

Information for public and professionals on services including contraception, sterilisation, abortion and health screening.

www.maketherightdecision.co.uk

Local teenage pregnancy website with details of local services; aimed at under 18s.

Most of these websites have links to other sites for more detailed information about specific topics.

NHS

YOUR SEXUAL HEALTH

Introduction

Sexual health problems can be worrying – and one of the concerns may be where to go for help. The Sexual Health Strategy Group in South Tees has produced this leaflet to help you find out what services are available in the area and how to access them.

GPs

If you have concerns about your health your first stop is normally your own GP – who will provide treatment or refer you to a specialist. Some GPs offer a full contraception, reproductive and sexual health service – your Practice leaflet should give details of the services provided. But there are also services for sexual health problems you can access directly.

Contraception and Reproductive Health Service

(you may also know them as Family Planning Clinics) The clinics are open access - you don't need an appointment or a referral from your doctor. There are clinics open somewhere locally every weekday, as well as an emergency clinic on Saturday. You can choose where to go - either near where you live, where you work, or where you shop. You will usually have to see a receptionist when you go in who will ask you for some details - they're used to talking about personal issues and won't judge you by what you say. Contraception and Reproductive Health Clinics offer a range of services including:

- Advice about contraception and supplies of contraceptives
- Cervical Smear tests
- Advice about sexually transmitted infections
- Sexual dysfunction
- Pre and post termination counselling
- Access to termination of pregnancy
- Pregnancy tests
- Emergency contraception

You can find out where and when they are held by telephoning 01642 459583 or you can find an up-to-date list via the fpa website www.fpa.org.uk Click on 'I need help now' page then on 'Where do I go for help?' and enter your postcode.

Termination of Pregnancy (Abortion)

If you are pregnant and the pregnancy is unplanned, one of the options you may consider is to have the pregnancy terminated – to have an abortion. Before you make any decisions you should talk it through with a trained professional – to make sure you have made the right decision for you. You can talk to your own GP or to a doctor / counsellor at the Contraception and Reproductive Health Service (see above for information about clinics). They will refer you to the Pregnancy Advisory Service (Lilac Suite) at James Cook University Hospital where there are specially trained counsellors.

If you want an abortion but don't want to go to a local NHS service there are two organisations in the independent sector who will charge a fee. The nearest clinics are in Leeds and Manchester. Details of the costs – and more details about abortion are available from their websites: British Pregnancy Advisory Service (BPAS) www.bpas.org.uk Marie Stopes International: www.mariestopes.org.uk

Advice about unplanned pregnancy can also be obtained from LIFE Pregnancy Care Centre, telephone 01642 829834.

Genito-urinary Medicine (GUM) Clinics

GUM Clinics treat Sexually Transmitted Infections (usually called STIs) and there are lots of different ones. The most common way of getting an STI is through sex - but you don't have to have full sex to get infected. If you think you may have an STI it's important to get treatment as soon as possible. Some of the common signs are: pain or discomfort when you wee, unusual discharge from your penis or vagina, itching or a rash around your penis or vagina or pain during sex. BUT - some infections have no symptoms so can stay hidden for many years.

You can get free, confidential advice and treatment from the GUM clinic at James Cook University Hospital, Middlesbrough.

You need to telephone: 01642 854548 to make an appointment.

Clinics open from 8.15a.m. most weekdays.

There are also clinics in Hartlepool (telephone 01429 522577) and Stockton (telephone 01642 624400), which you can attend if you prefer.

HIV and Hepatitis BiC Testing

Wednesdays 2 to 6pm, open access clinic in the Department for Infectious Diseases and Travel Medicine (on the ground floor near the restaurant) at James Cook University Hospital, Middlesbrough.

Young People's Clinics

Some Contraception and Reproductive Health Clinics are especially for young people – aged 25 or under. These include: Cleveland Health Centre:

Monday
6.00 - 7.30pm
Saturday
12.15 - 2.15pm
Telephone:
01642 459583
for details

MESMAC North East

MESMAC North East provides specific sexual health promotion services for gay and bisexual men as part of an HIV prevention programme. They can be contacted on 01642 804400.

Teesside Positive Action

TPA offers advice and information about HIV and AIDS and support for people living with HIV. Their offices are in central Middlesbrough and they can be contacted on 01642 254598.

SureStart Plus

SureStart Plus offers support for under 19s who are pregnant (or think they might be), a parent or looking for support or advice. Their services include:

- Help with difficult decisions
- Free, confidential advice
- Emotional and practical support
- Pregnancy testing

There are Sure Start Plus Advisors for Middlesbrough and for Redcar & Cleveland and they can be contacted on 01642 245539 for Middlesbrough and on 01642 479324 for Redcar & Cleveland.

For general information about sexual health and the services available you can telephone a number of helplines, or access websites (see over for details).