



HELP AND ADVICE ON YOUTH ISSUES COUNSELLING AND ADVOCACY

Youth Trust, 1 St John's Place.
Monday to Friday 09.00 to 13.00
14.00 to 17.00 **529 569**

**Gay and Bisexual Outreach
Worker Advice & Information**
07795 126 756

**Citizens Advice Service
at connexions**
Weds pm - call for appointment
525 927

Housing Advice Helpline
0808 800 4444

Drug & Alcohol Advice

Get Sorted 617 660
Confidential service with Drop
In at Melville Street, Ryde.

Drop in service
@ Cowes Youth Centre.
16 years +. **292833**
11 - 1pm Thurs
10 - 12am Fri

August 2007



USEFUL WEBSITES

www.greengoldfish.com
www.ruthinking.co.uk
www.teenagehealthfreak.org
www.likeitis.org.uk
www.ruthe1.co.uk
www.iwyouthservice.org.uk/youth_centres/cowes

R U Thinking free phone. 19.00 to 00.00 **0800 282 930**
Talk Adoption 0800 783 1234 [advice & support for under 25's]
Brook Helpline 0800 0185 023 www.brook.org.uk
Care Confidential 0800 028 2228 www.careconfidential.com
Developed in co-ordination with Teenage Pregnancy
Co-ordinator **01983 522 830**

www.thesite.org
www.739sense.co.uk
[for services in Southampton
& Portsmouth]

FREE & CONFIDENTIAL



Lo Down

on youth issues



SEXUAL HEALTH AND CONTRACEPTIVE SERVICES

Emergency Contraception up to 72 hours

Available 24 hours in St Mary's hospital Maternity Unit, Newport. **534 329**

Most Island GP's and Pharmacists also provide sexual health advice, contraception. Please check with individual pharmacists if the emergency contraception is free.

Sexual Health & STI Advice & Scening, St Mary's. **534 202**

Mondays Drop in 08.30 to 11.00, Tuesdays Under 20s Drop In 13.00 to 16.00, Thursdays 09.00 to 11.00. Appointments at all other times.

Sure Steps Drop In Clinic, Ryde High School, Ryde.
Tuesday 14.45 to 16.15 **812 481**

SEXUAL HEALTH AND CONTRACEPTIVE SERVICES

Options, Isle of Wight College, Nurse Led Clinic.
Monday & Thursday 12.00 to 14.00 **526 631 Ext. 303**

Know Now Sexual Health Drop In Clinic

Tuesdays (term-time only) Ryde High School 14.45 to 16.15

Drop In Clinic, Freshwater. Brookside Health Centre
Clinic on Wednesday 17.00 to 18.00 **753 433**

Drop In Clinic, Ventnor, Grove House Surgery
Monday 16.00 to 17.00 **852 427**

Pregnancy Advisory Service **534 958**

Youth Trust Clinic, 1 St John's Place, Newport.
Thursday 15.00 to 18.00 **529 569**

SEXUAL HEALTH AND CONTRACEPTIVE SERVICES

1 in 10 young people have chlamydia, are you the 1?

For more information and to find out where you can get tested call **0845 050 9530**

Look for the **CONDOM DISTRIBUTION SCHEME (CD Scheme)** sign to get condoms and advice **FREE**.

In places where you see the **FACT** sign, you can be sure that everything will be confidential.

If you are under 16 you can visit your GP and your appointment will be confidential

