

Surrey Sexual Health Services

Whether a young person is thinking about becoming sexual active or having sex for the first time, deciding when they are ready is a decision that only they can make. It's important to remember that it's their choice and we need to support them to be safe. Surrey Public Health commission Central and North West London NHS Foundation Trust (CNWL) to provide Surrey sexual health services. **All their services are confidential and non- judgemental.**



Sexually Transmitted Infections (STIs)

Some sexually transmitted infections do not have symptoms so someone might not know they have one. Most STIs are quickly diagnosed and easily treated. Under 25yr olds can order a self-testing kit by completing the online form on CNWL's website or the Healthy Surrey website:

<https://www.sexualhealth.cnwl.nhs.uk/surrey-residents-only-order-a-self-testing-kit/>
<https://www.healthysurrey.org.uk/your-health/sexual-health/young-peoples-sexual-health-services>

Kits can also be ordered by texting the word REACH to 80010, followed by the person's full name, address and date of birth or by telephoning 01483 846421.

Condom Distribution Scheme (CDS)

Condoms can reduce the risk of infections being passed on (99% effective if used correctly), but it does not make sexual activity 100% risk-free so it's best to encourage young people to get tested regularly as well (at least every six months). They can register on CNWL's C-card scheme and receive free condoms and advice. Just ask in one of their clinics or [c-card outlets](#).

Emergency Contraception (EHC)

Under 25s can get emergency contraception from any clinic and some pharmacies. Click [here](#) for full list.

Clinics

Under 16s can walk in to one of their clinics or book an appointment online. Over 16s need to book an appointment. To find out more information on where they are, when they are open and how to book an appointment visit www.sexualhealth.cnwl.nhs.uk or www.healthysurrey.org.uk/your-health/sexual-health.

Sexual Assault

If a young person has been sexually assaulted they can visit a specialist centre for advice and to arrange a forensic examination. To get advice and / or arrange a forensic examination at a specialist centre 24 hours a day, 7 days a week, please contact Surrey Sexual Assault Referral Centre (SARC) in Cobham:

9:00 am to 5:00 pm, Monday to Friday - telephone 01932 867581 and surrey.sarc@nhs.net

Out of hours - telephone 0300 130 3038, Website address- www.surreysolace.org

In an emergency, or if you need to report an assault, please call the police on 999

CNWL does not offer forensic examinations but we can provide emergency contraception, PEP and sexual health screening and treatment

Young people can walk into either of the following CNWL Hub Clinics:

Buryfields Clinic, 61 Lawn Road, Guildford, GU2 4AX

Earnsdale Clinic, 2 Whitepost Hill, Redhill, RH1 6BD

For more information on services please contact:

Lisa Andrews, Senior Public Health Lead - Commissioner for Sexual Health and NHS Health Checks email: lisa.andrews@surreycc.gov.uk, Mobile: 07881 328238

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