

# FOR PROFESSIONAL USE ONLY – DO NOT DISPLAY

## Young People's Sexual Health Services (Lothian)

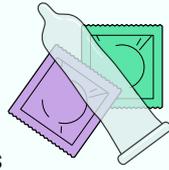
Pathways to supporting those aged 13–18 and 19+ with additional vulnerabilities



All listed services are free and confidential

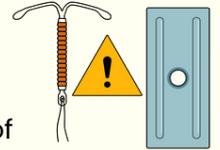
### Condoms (13+)

c:card: [www.ccard.org.uk](http://www.ccard.org.uk)



- **Free condoms** at local points or by post (sent in a plain envelope)
- **Agencies can order free stock** for their service users. Email: [info@ccard.org.uk](mailto:info@ccard.org.uk)

### Emergency Contraception (13+)



- **Free at any Lothian pharmacy**  
Can also supply bridging 3 months of progesterone only pill (POP)
- **Sexual health clinics** with trusted staff  
[www.healthyrespect.co.uk/find-services-near-me](http://www.healthyrespect.co.uk/find-services-near-me)

### School & Community Services (via Healthy Respect)

Delivered by **school nurses** and **youth workers** in high schools and community youth settings.

Free support includes:

- condoms
- pregnancy testing
- someone to talk to



Find services:

[healthyrespect.co.uk/find-services-near-me](http://healthyrespect.co.uk/find-services-near-me)

Easier to understand (ETU) website:

[www.healthyrespect.co.uk/etu](http://www.healthyrespect.co.uk/etu)

### Healthy Respect + Clinics (13+)

- Contraception (pill, implant, coil, injection)
- STI testing & treatment
- Emergency contraception
- Pregnancy testing, support, and options
- Friendly Youth Workers to talk to

#### Chalmers Centre drop-in

Mon–Thurs 3.30–7pm,  
Fri 1–3.30pm



#### Local clinics:

Croft Street (Dalkeith), 101 Youth Project (Livingston), Pennywell, Tranent.

Find opening times:

[www.lothiansexualhealth.scot/where-can-i-get-help](http://www.lothiansexualhealth.scot/where-can-i-get-help)



### Priority access (Professionals only)

For urgent/enhanced support for vulnerable young people & adults call **07795 666 671\***

**\*Professionals only. Please do not share this number with service users.**

## Specialist services

### Lothian Sexual & Reproductive Health Services

Offering:

- Contraception
- Testing and treatment for STIs and HIV (including PrEP)
- Gender identity support

Available at Chalmers Centre and some local clinics.

Find out more:

[www.lothiansexualhealth.scot](http://www.lothiansexualhealth.scot)

### NHS Lothian Abortion Service – Choices

Confidential support to understand the different choices. Available to anyone living in Lothian.

Call 0131 536 1070 (option 2)

### WISHES

Support for women affected by homelessness, care, prostitution, leaving care, or other vulnerabilities.

Email: [wishes@nhs.scot](mailto:wishes@nhs.scot)

### ROAM

A community based, outreach sexual health service for gay, bisexual, trans and all men who have sex with men (16+).

[www.roam-outreach.com](http://www.roam-outreach.com)