

## Free Sexual Health Consultation\*

### WHAT IS THE SOUTHERN PHO SEXUAL HEALTH PROGRAMME?

- ✚ Free sexual health consultation covering all aspects of sexual health, including contraceptive care

### HOW DOES IT WORK?

- ✚ Make an appointment with your usual doctor or nurse – there is no cost to eligible patients
- ✚ Two funded visits per year

### WHO IS ELIGIBLE?

- ✚ Patients must be enrolled with the practice
- ✚ There are 2 modules to this programme, either:
  - 1) All young people up to 20 years of age

**or**

  - 2) Some patients aged between 20 - 50 years

Please discuss with your GP or Nurse to find out if you are eligible

### WHAT ABOUT PRIVACY?

- ✚ **What you tell your doctor or nurse is confidential**
- ✚ Arrange with the doctor or nurse how to collect your test results or treatment if needed

### WHY IS THIS PROGRAMME NEEDED?

- ✚ There has been a significant increase in STIs (Sexually Transmitted Infections) in the past 10 years
- ✚ Chlamydia is the most common STI yet there are excellent tests and treatments available
- ✚ Most people with Chlamydia show no symptoms and don't know they have it unless they are tested
- ✚ For every person who has Chlamydia, there will be 2 or 3 others who don't know they have it
- ✚ Long term effects include infertility, chronic testicular pain, pelvic inflammatory disease, ectopic pregnancies, chronic pelvic pain, and pregnancy related complications, such as premature births and neonatal infections
- ✚ Unwanted pregnancies and terminations in young people are also increasing

\*Criteria apply, ask your doctor or nurse if you are eligible