**Sexual & Reproductive**

**Health Services**



*An Easy Read Booklet*

Sexual Health Clinics



There are clinics throughout Dumfries and Galloway.

Nurses and doctors will give you advice on:

[](http://3.bp.blogspot.com/-BryvAyklftE/UQ-essXuqtI/AAAAAAAAAmk/6ArUBYGj3uA/s1600/th.jpeg)

Contraception

[](http://www.google.co.uk/url?url=http://www.freedoms-shop.nhs.uk/&rct=j&frm=1&q=&esrc=s&sa=U&ei=HY8iVI3vOqHC7ga03ICIDA&ved=0CDIQ9QEwDjg8&usg=AFQjCNHGk1pGZTte-frCkme1TuCUAd9KhQ)



Smear Tests

[](http://www.google.co.uk/url?url=http://boralginmages.appspot.com/?page=kissing-couple-images&rct=j&frm=1&q=&esrc=s&sa=U&ei=qZEiVIvzPInd7QbGuoGwCw&ved=0CCgQ9QEwCTh4&usg=AFQjCNHVLq8C1ox-68O5ZIZGgAzuxKIM7A)

Sexually Transmitted Infections

[](http://www.google.co.uk/url?url=http://www.advocate.com/health/love-and-sex/2014/03/25/watch-10-gay-men-kiss-first-time&rct=j&frm=1&q=&esrc=s&sa=U&ei=EJQiVMzTJKS07Qbj9IG4DA&ved=0CB4Q9QEwBDjAAg&usg=AFQjCNHcxfuSS6kbUTYmhCcbD5BuDGXRqg)

[](http://www.google.co.uk/url?url=http://www.healthandfitnessnow.info/taking-lead-in-doctor-patient-dance-368/&rct=j&frm=1&q=&esrc=s&sa=U&ei=GZYiVLPYHYqf7gaEy4HACw&ved=0CCgQ9QEwCTh4&usg=AFQjCNGI6OUe_FMqjEGKWMpY7Ut7g0uvJw)

Counselling if tests are needed and Psychosexual counselling.



Vaccination (jag) programme



Pregnancy testing / counselling



Termination of pregnancy referral

[](http://www.google.co.uk/url?url=http://ifreepress.com/health/matters-of-relationship-how-to-practice-safe-sex&rct=j&frm=1&q=&esrc=s&sa=U&ei=550iVI2UKOPY7AbUyIHoCg&ved=0CDYQ9QEwEDgo&usg=AFQjCNGLXmB51GzShTdmoVAkAIPWHRaG9g)

Safe sex information and free condoms

[](http://www.google.co.uk/url?url=http://www.teenagehealthfreak.org/book/export/html/165&rct=j&frm=1&q=&esrc=s&sa=U&ei=kp4iVM__JOy07QbQs4DICw&ved=0CCQQ9QEwBziMAQ&usg=AFQjCNHhejvsVHReEe8UQVdy2IFhpxqqhQ)

Sexual Health &

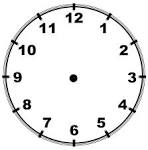
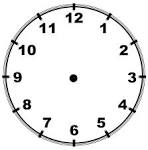
Family Planning Clinics

[](http://www.google.co.uk/url?url=http://www.curleco.com/2013/06/changing-telephone-numbers/&rct=j&frm=1&q=&esrc=s&sa=U&ei=rZ8iVLqeE4Lm7gbEgoHwCw&ved=0CBoQ9QEwAg&usg=AFQjCNEiVslxuyYCFYWIYD6ztZOtqyNBpA)

Appointment only.

To make an appointment call

0845 702 3687

[](http://www.google.co.uk/url?url=http://www.dmitryvolokhov.info/the-uber-clock-customizable-telling-the-time-worksheetstemplates/&rct=j&frm=1&q=&esrc=s&sa=U&ei=z6EiVKX6NceV7AbGjYH4Cg&ved=0CCAQ9QEwBTgU&usg=AFQjCNEuh8HLt6LjvrhujqoEMVQHSwRhAA) [](http://www.google.co.uk/url?url=http://www.dmitryvolokhov.info/the-uber-clock-customizable-telling-the-time-worksheetstemplates/&rct=j&frm=1&q=&esrc=s&sa=U&ei=z6EiVKX6NceV7AbGjYH4Cg&ved=0CCAQ9QEwBTgU&usg=AFQjCNEuh8HLt6LjvrhujqoEMVQHSwRhAA)

Between **9am** and **11am**

Monday to Friday

**9.00am**

**11.00am**

Where to go for information

Dumfries and Galloway Sexual Health

[](http://www.google.co.uk/url?url=http://www.sahos24.com/english/2014/08/31/1075&rct=j&frm=1&q=&esrc=s&sa=U&ei=XqoiVL2yJtOV7AbkpYDoCg&ved=0CCQQ9QEwBw&usg=AFQjCNElPewfWx6Jeq-zZZ82AAXkjwONrQ)  
[](http://www.google.co.uk/url?url=http://www.curleco.com/2013/06/changing-telephone-numbers/&rct=j&frm=1&q=&esrc=s&sa=U&ei=rZ8iVLqeE4Lm7gbEgoHwCw&ved=0CBoQ9QEwAg&usg=AFQjCNEiVslxuyYCFYWIYD6ztZOtqyNBpA)

[dgsexualhealth@nhs.net](mailto:dgsexualhealth@nhs.net)

Enquiries & Appointments

Telephone - **08457 02 36 87**   
(Monday to Friday 9am - 4pm)

Telephone Helpline   
– **07736 955 219**   
(Monday to Friday 1pm - 2pm)

Other Local Services

FREE postal testing kits are available for Chlamydia and Gonorrhoea.

These are available from a number of outlets in the community or by emailing:

[dgsexualhealth@nhs.net](mailto:dgsexualhealth@nhs.net)

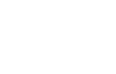
[](https://www.google.co.uk/url?url=https://www.freetest.me/chlamydia-postal-test&rct=j&frm=1&q=&esrc=s&sa=U&ei=iKwiVOfjC8zB7Aajt4HwCg&ved=0CBYQ9QEwAA&usg=AFQjCNGpVMZwqmmtwbcPOBfK1tXh_dJ3UA)

[](http://www.google.co.uk/url?url=http://www.nhsggc.org.uk/content/default.asp?page=s1240_16&rct=j&frm=1&q=&esrc=s&sa=U&ei=x7EiVMiTF-Sc7gavjICADA&ved=0CDYQ9QEwEA&usg=AFQjCNGOV9Xv1zJhWS5oNcWNqIpmKSW_Cg)

Free condoms are available from any Sexual Health Clinic, a chemist or from your doctor.

Information Line

Telephone: 0800 22 44 88

[](http://www.sexualhealthscotland.co.uk/)

Support for anyone who has experienced sexual violence.

Freephone: 08088 01 03 02  
(6pm to midnight daily)

Website:  
[www.rapecrisesscotland.org.uk](http://www.rapecrisesscotland.org.uk)

[](http://www.google.co.uk/url?url=http://www.c4urself.org.uk/rapecrisisscotland.php&rct=j&frm=1&q=&esrc=s&sa=U&ei=778iVNzPMuPe7AbQ-YD4Cg&ved=0CBYQ9QEwAA&usg=AFQjCNHx5h2Ogy_3fpd0TQqK4wTTTqjPJQ)

LGBT Helpline Scotland

Information and emotional support for lesbian, gay, bisexual and transgender people and their families, friends and supporters across Scotland.

Telephone: 0300 123 2523

Open every Tuesday and Wednesday from 12pm to 9pm

[](http://www.google.co.uk/url?url=http://www.lgbthealth.org.uk/node/794&rct=j&frm=1&q=&esrc=s&sa=U&ei=38EiVNLrCYeC7gaK_oDoDA&ved=0CCIQ9QEwBjgU&usg=AFQjCNFhJPH8K4frCzqbdPd0V8pb5rJv-A)

Drink Smarter

For more information about alcohol

Drinkline Telephone Helpline:

08007 314 314 anytime

Website: [www.drinksmarter.org](http://www.drinksmarter.org)

[https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcTUT2zh5Ody2BwNel5MXhAb8xB13ihVVrN68xczJd99oLghnVgr93k6gQ](http://www.google.co.uk/url?url=http://www.cpft.nhs.uk/services/Drinksmarter-drinkline-scotland.htm&rct=j&frm=1&q=&esrc=s&sa=U&ei=NMMiVMXeFoLj7QbhzoCwBw&ved=0CCoQ9QEwCg&usg=AFQjCNESj7QJSD9L5tlyuVokoCwP5pjWsw)

[](http://www.google.co.uk/url?url=http://www.care2.com/greenliving/5-day-after-emergency-contraception-pill-ella-approved-by-fda.html&rct=j&frm=1&q=&esrc=s&sa=U&ei=esQiVLtO5cLuBoH2gfAF&ved=0CDgQ9QEwEQ&usg=AFQjCNHSMtyKBQraOL-sLOM8pXNrGAHtZg)   
[](http://www.google.co.uk/url?url=http://www.i-am-pregnant.com/encyclopedia/Trying-to-conceive/Contraception/Emergency-Contraception&rct=j&frm=1&q=&esrc=s&sa=U&ei=ksQiVO6JLKi07QaxvoHQCw&ved=0CDoQ9QEwEjgU&usg=AFQjCNFRNZA2Movgvu1xz4O5xRzHw7Z_Qg)

Emergency contraception is available at any Sexual Health Clinic, a chemist or your doctors surgery.