

## Where to go for free contraception and pregnancy help

Free contraception and condoms, including emergency contraception (aka the morning after pill) can be obtained from the following:

Most GPs

Community contraceptive clinics

Some genitourinary medicine clinics (GUM)

Sexual health clinics

Young Peoples service

**For local services go to**

<https://www.nhs.uk/service-search/other-services/Sexual-health-information-and-support/pl21-OJA/Results/161/-3.91593647003174/50.3936996459961/734/0?distance=25>

**What do I do if I find out I am pregnant?**

Try and talk to your parents/ carers, alternatively there are some good websites:

<https://www.nhs.uk/pregnancy/support/teenage-pregnancy/>

<https://www.brook.org.uk/your-life/adoption/>

<https://www.sexwise.org.uk/unplanned-pregnancy/pregnant-and-dont-know-what-do>

**Whatever your age, you can ask for help from:**

GP or nurse

NHS 111, available 24 hours a day, 365 days a year.

It is your decision but do not ignore the situation.