

Tayside Sexual and Reproductive Health Services

Your Local Guide

What's on offer:

- Free, confidential, self referral service, for everyone of any age
- All methods of contraception
- Screening/treatment for sexually transmitted infections
- HIV Testing
- Sexual health advice & information
- Free condoms
- Emergency contraception (including IUCD*)
- Pregnancy testing
- Referral for termination of pregnancy
- Support for unplanned pregnancy
- Menopause/PMS clinic
- Psychosexual clinic
- Learning Disability clinic
- Men Only Tayside clinic (for gay and bisexual men)
- Young People's Clinic

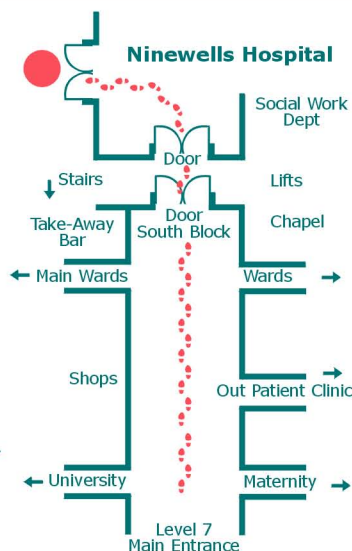
Dundee: Sexual and Reproductive Health Clinic, Ninewells

Level 7 South Block
Ninewells Hospital
Dundee.
Telephone: 01382 425542

Walk in

Mon 9am - 3pm
Tues 9am - 4pm
Wed 9am - 4pm
Thurs 9am - 3pm
Fri 9am - 4pm

IUCD* Clinic (please phone for an appointment)



Young Person's LINC Walk-in Clinic
Mon & Thurs: 4 - 6pm
No appointment needed

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Men Only Tayside (MOT)

Sexual health services for gay and bisexual men.

- **Ninewells Walk-in** Sexual Health Clinic South Block Tues 4.30 - 7pm
- **Community Walk-in** The Cairn Centre 12 Rattray Street Dundee DD1 1NA Thurs 4.30 - 7pm
- **Drumhar Walk-in** Sexual Health Clinic Drumhar Health Centre Perth Tues 4.30 - 6.15pm

The Corner 13 Shore Terrace, Dundee Tel: 01382 206060.

Health Information & Peer Led Services for Young People (11-25 yrs)

Drop-in Mon to Fri: 2 - 6pm, Sat: 1 - 4pm.

Support U appointments available Mon - Fri 12noon - 2pm.

What's on offer:

- Access to sexual health nurses or health information workers
- Contraception (excluding IUCD* and implants)
- Emergency contraception
- STI screening
- Pregnancy testing
- Referral for termination of pregnancy
- Talk to someone for support

*Intrauterine Contraceptive Device

Angus: Sexual and Reproductive Health Services

Abbey Health Centre
East Abbey Street
Arbroath
Tel: 01241 879753

Clinic Times:

Mon - Thurs: 9 - 12.30pm

Please phone for appointment

Walk-in Clinic

Tues 1.30 - 4.30pm

Young Person's Walk-In Clinic

Mon 1.30 - 4pm

No appointment needed

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Perth & Kinross: Sexual and Reproductive Health Services

Drumhar Health Centre
North Methven Street
Perth
Tel: 01738 564272

Clinic Times:

Mon - Thurs: 9 - 10am

Please phone for appointment

Walk in clinics:

Mon & Tues: 10.30am - 3.30pm

Wed & Thurs: 10.30am - 4.30pm

Young Person's Walk-In Clinic

Mon: 3.30 - 6pm

No appointment needed

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Emergency Contraception

If you have had unprotected sex or think your contraception has failed, emergency contraception pills can be taken up to 5 days after sex. The sooner they are taken the better they work.

An appointment is rarely needed if you want emergency contraception.

Available from:

- All the services above
- Community pharmacies (chemists) across Tayside
- Minor Injury Units in Angus and Perth & Kinross
- Gynaecology Assessment Unit, Ninewells Hospital
- Gynaecology Ward, Perth Royal Infirmary
- Your GP (it is advisable to call your GP to arrange an appointment)

Free Condoms

Free Condoms and lube are supplied at a number of outlets throughout Tayside. For information on your nearest outlet phone the Condom Initiative on: 01382 424091 or visit www.sexualhealthtayside.org

Useful Websites

www.sexualhealthtayside.org

www.menonlytayside.com

www.bbvmcntayside.scot.nhs.uk