

Contraception and sexual health



Safer sex

Safer sex means making sure you don't catch a sexually transmitted infection (STI). Your best protection is to use a condom. Not just sometimes, but every time you have sex.

You can get free condoms and help and information from the Contraception and Sexual Health Service.

How can the Contraception and Sexual Health Service help you?

They can help you with:

- Safe sex advice
- Free condoms available at any time from Dewsbury Health Centre and Princess Royal Community Health Centre - no appointment necessary
- Choice of contraceptive methods
- Emergency contraception (morning after pill)
- Testing for sexually transmitted infections (STIs)
- Pregnancy testing
- Help and advice for unplanned pregnancy
- Cervical screening (smear test)

For help and advice about attending any of the clinics, please contact:

For Dewsbury, Batley and Cleckheaton - tel 01924 351550.

For Princess Royal Community Health Centre, Thornton Lodge Health Centre, The Chestnut Centre and Mill Hill Community Health Centre - tel 01484 344260.