



Where to get advice about sex, contraception and pregnancy

An Easy Read guide



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Talk to a doctor, nurse, or go to a local sexual health clinic if you have questions.



Talk to Suffolk Sexual Health Service **0300 303 9982**, or visit the website **www.sshs.org.uk**



The website has a list of clinics on it.
This website is not in Easy Read format.



If you are 16-24 years old, visit the eC-Card website **www.ec-card.org.uk**



The website helps you get free condoms.
This website is not in Easy Read format.



If you are feeling unsafe in a relationship contact Suffolk Domestic Abuse Helpline
0800 977 5690



If someone has had sex with you without your consent contact The Ferns - Sexual Assault Referral Centre **0330 223 0099**



If you feel uncomfortable with how someone has treated you during sexual activities contact Suffolk GP Federation's Iris service **01473 921 824**

This Easy Read guide was made by
Provide Community for people with
learning disabilities and/or autism.

For more information, please contact
our Customer Service Team:



0300 303 9952



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