

## Sexual Health

Remember you can always speak to your GP

**No condom or the condom split – emergency contraception - don't panic but do ask for it as soon as you think you might need it please 😊 don't wait for Monday if it happened on Friday!**

<https://www.devonsexualhealth.nhs.uk/contraception/emergency-contraception/>

**If you think you might have caught something “an STI or STD”, you aren't the first and you won't be the last so ask for help and get reassurance and treatment 😊**

<https://www.devonsexualhealth.nhs.uk/our-clinics/>

**Wondering about your sexuality and what is LGBT, LGBTQ+ or Pride then look at the links from the **LGBTQ+ Health link****

**If you think you may have been abused in anyway – contact Devon Rape and Sexual Abuse Services**

<http://www.devonrapecrisis.org.uk/>

**Contraception, sexual health and HIV in Devon**

<https://www.devonsexualhealth.nhs.uk/>

**Support for those with HIV**

<https://www.eddystone.org.uk/>

**Relationships and sex education**

<https://rsehub.org.uk/>

**A guide to sex for over 14 year olds**

<https://www.bishuk.com/>

**Respect yourself**

<https://respectyourself.org.uk/category/messages/>