



Sexual Health and Contraception

▶ The websites below can offer help, support and advice...

Take a look!

- www.likeitis.org.uk
- www.sexexperienceuk.channel4.com
- www.brook.org.uk
- www.fpa.org.uk
- www.nhs.uk
- www.condomessentialwear.co.uk
- www.ASHASTD.org
- www.needtoknow.co.uk/health/sexual
- www.kidshealth.org/teen/sexual_health

If in doubt... Seek some help!

Helpful Phone Numbers

- Brook—0808 8021234
- Sexwise—0800 28 29 30
- Sexual Health Line—0800 567123
- NHS Direct—0845 46 47

Local Doctors Surgery's

- Camel and Estuary—01208 812222
- Port Issac Surgery—01208 812342
- Padstow Surgery—01841 532346



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