



Chalmers Sexual Health Centre - Service Information for Young People

Due to current covid restrictions the Healthy Respect + drop-in service at Chalmers is not currently running. This means young people cannot walk in to Chalmers to be seen without phoning first or booking an appointment online (see below). We are still running a service for people who urgently need to be seen and we will prioritise young people. We are not here to judge about how or when you have had sex – we only want to make sure you get the help, advice and information you need. You still have a right to a confidential service. We will only ever share information with other agencies if we feel you are at risk and this will be explained directly to you if that is the case.

Phone line

You can either book an appointment online (<https://nashonlinebooking.com/onlinebookingsystem/en/?hbref=7303073>) or phone. If you phone you will speak to a receptionist who will give you a time for a nurse or doctor to phone you back. You don't need to give much detail when you speak to the receptionist, just your name and date of birth. When someone phones you back it may say No Caller ID in your phone or have a 0131 536.... number just so you know it is us phoning you back. We can give you some information and advice over the phone and if we feel you need to come in to be seen we can make an appointment for the next suitable time.

Near Me

We are starting a NearMe drop-in from Monday 1st June. NearMe is a system that allows confidential **0131 536 1070** video consultations so you can speak to a nurse face to face and not wait for a call back. This service will run on a **Monday from 2 – 4pm** and a **Thursday from 2 – 4pm**. If you call outwith these times your call will not be answered. To speak to a nurse click on the link: <https://nhsattend.vc/CHR> Once you click on the link you will need to enter your details and you will go to a waiting room where you call will be answered as soon as possible.

Emergency Contraception

Oral emergency contraception is still available from all pharmacies free of charge. If you have had sex without a condom and there is a risk of pregnancy (you are not using any other form of contraception) then you can go to any pharmacy and ask for emergency contraception. It is most effective the quicker you take it so head to a pharmacy as soon as you think you have been at risk. If you are uncomfortable going to a pharmacy for emergency contraception, you can also call the phone line and ask for a call back to get emergency contraception.

Free Condoms

You are still able to order free condoms on-line from <https://www.ccard.org.uk/>. It is taking a little bit longer than normal for the post to arrive at the moment but this service is for anyone 13 and over. The supplies are delivered in a plain brown envelope.

Youth Work Groups

Please remember a lot of youth workers in areas across Edinburgh and the Lothians are still working in a digital way. Our Healthy Respect youth workers are also still available for a remote/online chat and for general support. You can also ask about this when you have a call back from the service.

Stay safe coming out of lockdown