

CONTRACEPTION AND SEXUAL HEALTH ADVICE



I need emergency contraception

What is available?	Where can I access this near to Girton/Swirles?	Useful links	Important advice
Two types: Morning after pill <i>or</i> Intra-uterine device (IUD)/Coil	Your usual GP (Mon-Fri) Superdrug – 59 Sidney Street, Cambridge CB2 3HX (Open Mon-Sat 8.30am-6.30pm) Boots - 28 Petty Cury, Cambridge, CB2 3ND (Open Mon – Sat 8am-8pm, Sun 11am-5pm) If you are away from Girton, use the link to find support near you.	Where can I get emergency contraception? - NHS (www.nhs.uk)	Levonelle pill can be taken within 72 hours but works best if taken within 12 hours. EllaOne can be taken within 5 days but more effective if taken as soon as possible.

I'm worried I have an STI

What is available?	Where can I access this near to Girton/Swirles?	Useful links	Important advice
Face to face appointments Order kits online	Your usual GP (Mon-Fri) Lime Tree Clinic, Brookfield's Campus, 351 Mill Road, Cambridge, CB1 3DF Online – use the links. Phone: Call iCaSH on 0300 300 3030 and choose the option for Cambridge	General information: iCaSH Cambridgeshire To order test kits: iCaSH Express Test	Contact services for support as soon as possible as there can be long waiting times or availability might have to be the next day

I need advice about an unplanned pregnancy

Options:	Contact your usual GP to make an appointment Contact Clinic 21 at Addenbrookes Hospital - https://www.cuh.nhs.uk/clinics/pregnancy-advisory-service/ If you are away from Girton, use the following link to access services near you: Find Family planning services - NHS (www.nhs.uk)
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For free condoms:	Health centre at Girton College – go through the door and there is a pot of condoms on the table. Free condoms available at the main Student Union building: Contact Us (cambridgesu.co.uk) Use this link for other locations: Search Results - NHS (www.nhs.uk)
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For advice and support after a sexual assault:	Options: Contact The Elms The Elms SARC (Cambridgeshire) - Home Open Mon- Fri. There is a 24-hr number 0800 193 5434 with someone to talk to. Contact the Police (call 999) Contact Amy Thompson at the Student Union: Sexual Assault and Harassment Advisor University Counselling Service (cam.ac.uk) This is not an emergency service College Nurses – see hours below Porters/Tutor
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For family planning:	Make an appointment to see your GP If you are not registered with a GP, use the following link: Find Family planning services - NHS (www.nhs.uk)
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The College Nurses are available at the following times during term time:

Monday	08.30 – 2pm	Contact details:
Tuesday	08.30 – 6pm	nurses@girton.cam.ac.uk
Wednesday	08.30 – 2pm	Tel: 01223 338937
Thursday	08.30 – 6pm	
Friday	08.30 – 3.30pm	