



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 Essex Sexual Health Service
0300 003 1212, or visit the website
www.eshs.org.uk



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

asking for a friend ;)

Visit the Asking for a Friend website
www.askingforafriend.org.uk



The website has help and information.
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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.

The logo for COMPASS, featuring the word "COMPASS" in a dark blue, sans-serif font. The letter "O" is replaced by a small icon of a compass needle pointing upwards.

If you are feeling unsafe in a relationship contact Compass Essex Domestic Abuse Helpline **0330 333 7 444**

The logo for synergy ESSEX. The word "synergy" is in a purple, lowercase, sans-serif font. Below it, the word "ESSEX" is in a smaller, purple, uppercase, sans-serif font. A stylized graphic of three horizontal lines in green, blue, and purple is positioned between the two words.

If someone has had sex with you without your consent contact Synergy Essex **0300 003 7777**

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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