



# How can we help you?



Where?

Aberdeen

Elgin

Fraserburgh

Peterhead

To learn more about your **free** and **confidential** Sexual Health Service, visit the website or give us a call

Scan here to find out more →



[grampiansexualhealthservices.com](http://grampiansexualhealthservices.com)

0345 337 9900

A safe space to talk about your concerns, get advice and pick up supplies.

**Free**  
Condoms and Lube

Scan here to find condoms near you →



**Under 18s**  
**Drop-In Clinic**

Aberdeen Health Village  
**Tuesday** and **Thursday**  
3.30pm to 5.30pm

You can walk in, or phone and book ahead. **0345 337 9900**

**Contraception**

Information, advice and supplies.

**Emergency**  
**Contraception**

**Pill**

(Three to five days to take depending on pill)  
Available free from most pharmacies.

or

**Copper Coil**

(Five days to get after unprotected sex)

If you think you may need emergency contraception get in touch **as soon as possible** or ring NHS24 (111) out of hours.

**Testing & Treatment**

for sexually transmitted infections (STIs) and blood borne viruses (BBVs).

**Pregnancy**

Unplanned pregnancy advice and discussion about your options. If you have an unplanned pregnancy or think you might be pregnant, contact us ASAP on **01224655535**.

**Advice About Preventing HIV Infection**

**PrEP**

HIV Pre-Exposure Prophylaxis

**PEP**

HIV Post-Exposure Prophylaxis



If you need **PEP** when we're not open call NHS24 (111) ASAP.