

The Highlands are a vast geographical area, where access to physical services may be less frequent in more remote and rural areas.

Below are all of the services that can be accessed by anyone in Highland without the immediate need for a face to face appointment. These remote services help to increase access to Sexual and Reproductive Health in Highland.



A self sampling kit

Tests for sexually transmitted infections can be ordered via www.highlandsexualhealth.co.uk.

This allows those with no symptoms to test themselves, at home, for Chlamydia, Gonorrhoea, HIV and Syphilis. The kit can be posted to a home address or a safe address and once completed is simply posted to the hospital, postage already paid.



Rapid Assessment clinic (telephone)

Monday-Friday between 9-11am, for individuals who have symptoms of a sexually transmitted infection or an urgent concern. Calls are assessed by a specialist clinician. All urgent callers will receive a call back same day to discuss further management.

Call **01463 888300** Monday-Friday **09.00am-11.00am**



Live Chat Online "chat" service

For young people under 25, across Highland. Our nurse practitioners are online (4-5pm) to discuss any sexual health concerns young people may have and arrange further appointments with the service.

Access via our website www.highlandsexualhealth.co.uk.
Mon-Fri 4pm-5pm

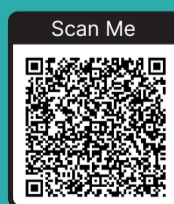


We also offer telephone and video call appointment options. These may be available when booking online or call **01463 888300** and ask for the appointment to be telephone/video call.

The services we provide across all areas include

- STI screening and management
- Contraception, including Long acting reversible contraception (LARC)
- HIV care/PrEP/PEP
- Gender Identity care
- Menopause care
- Young persons' service (under 25's)

Highland Sexual Health is a Highland wide integrated sexual health service, based in Inverness with satellite clinics provided in:



Free condoms by post

