

GOOD SEXUAL HEALTH

FACTS AND FIGURES

12 in 1000

adults in Barnet were diagnosed with STIs

2 in 100

young people in Barnet were diagnosed with **chlamydia**



Not all STIs have symptoms

To be safe always use a condom

13 in 100,000

adults in Barnet were newly diagnosed with **HIV**

1 in 5

young people in Barnet were screened for chlamydia



38%

of Barnet HIV diagnoses were at a late stage

HELP AND ADVICE

- Sexually transmitted infections (STIs) and HIV affect all age groups, ethnicities and sexual orientations. They can cause long-term health problems if not treated.
- Testing, treatment, advice and contraception are free and easily accessible. You can even order test kits online.
- If you think you are at risk, it is important to get tested even if you feel fine – not everybody gets symptoms.
- There are effective drug treatments for HIV. If you are diagnosed early, you should still have a long and healthy life.
- You can avoid long-term health problems from STIs by getting treated quickly. Chlamydia and gonorrhoea can cause infertility in women, while syphilis can damage the brain, nerves and heart.
- Young people, individuals from black ethnic groups and men who have sex with men are disproportionately affected by STIs.
- Condoms offer protection against STIs, unlike other forms of contraception. No method of contraception is 100% effective.



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LOCAL SERVICES AND ONLINE SUPPORT

Service	Type	Description	Details
Sexual health and contraceptive services	<ul style="list-style-type: none"> Phone Face-to-face 	Sexual health and contraception services for adults and under 18s in Barnet are provided by Central and North West London NHS Foundation Trust.	Website: https://www.sexualhealth.cnlw.nhs.uk/
Free online testing for HIV and STIs	<ul style="list-style-type: none"> Online 	Sexual Health London provides home testing kits for HIV and STIs. If you are a Barnet resident aged 16 and over, visit the website and enter some basic details about yourself to assess your eligibility and order a kit.	Website: https://www.shl.uk/
Pharmacy emergency hormonal contraception (EHC)	<ul style="list-style-type: none"> Face-to-face 	Women under the age of 25 years in Barnet can get Emergency Hormonal Contraception from community pharmacies. A list of participating pharmacies can be found on the website.	Website: https://www.barnet.gov.uk/health-and-wellbeing/young-peoples-health/young-peoples-sexual-health-services
Sexual health and healthy relationships service	<ul style="list-style-type: none"> Phone Online Face-to-face 	Young people in Barnet can access free and confidential services from Brook, including the C-Card condom scheme.	Website: https://www.brook.org.uk/outreach-and-education/outreach-barnet/
National Unplanned Pregnancy Advisory Service (NUPAS)	<ul style="list-style-type: none"> Phone Face-to-face 	Free pregnancy advice, counselling and abortion termination treatment.	Website: https://www.nupas.co.uk/clinics/finchley/ Phone: 0333 004 6666 Address: Finchley Pregnancy Advisory Service, Finchley Memorial Hospital, Granville Road, N12 0JE
National sexual health helpline	<ul style="list-style-type: none"> Phone 	A free helpline if you would like to talk to someone about a sexual health problem. All calls are confidential and will be treated sensitively. You will be referred to services if required and a nurse-led service is available.	Phone 0300 123 7123 (Monday to Friday, 9am – 8pm)

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