

# Contraception & Sexual Health

**Brandon  
Centre**

Here for Young People

# Contraception & Sexual Health For Young People

**Brandon Centre provides free and confidential contraception and sexual health services to young people aged under 25.**

Young people come to us to get advice and information about safer sex, pregnancy, sexually transmitted infections or their sexual and emotional relationships.

We are happy to see young people who haven't started to have sex yet, but who may still have worries and concerns.

We supply a wide range of contraception, and can do tests and give treatment for common sexually transmitted infections.

Our staff have special training in sexual health and contraception. You don't always need to see a doctor or nurse - you can just drop into the Centre to pick up free condoms, do an STI self-test, or to talk to our specialist team in reception.

The Centre is accessible for young people using wheelchairs.

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## **Want free condoms?**

- We have a wide range of condoms
- Do drop in for your supply (opening hours can vary so please check our website before turning up)
- You don't need an appointment and you don't have to see a doctor or nurse unless you want to.

## **Contraception available from us:**

- Emergency contraception (morning-after pill)
- Contraceptive pill
- Injection (Depo Provera)
- Implant (insertion and removal)
- Contraceptive patch
- Diaphragm
- Coil checks and removals (and advice on where to go for fittings).

All contraception is free and we don't need to inform your GP or anyone else that you are using contraception.

Can't see the contraceptive method you want?

Our staff can give you more information and suggest other places you could get it from.

## **Need emergency contraception (the 'morning-after pill')?**

- You can get it free from Brandon Centre
- It can help stop you getting pregnant if you've had unprotected sex or the condom splits or slips off
- The sooner you take it, the better it works, but you can still take an emergency pill up to five days after you have had sex without a condom.

Always check with us if you are not sure, however late you are. We will always try to see you the same day.

## **Worried you might be pregnant?**

- Come and do a free pregnancy test with us
- The staff will give you the result straight away
- If you are pregnant, we will help talk through your options: you don't need to make a decision straight away
- If you decide that you want an abortion, we can help you arrange an appointment at a specialist clinic or hospital
- We can also offer advice if you choose to continue with the pregnancy.

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## **Get checked here for STIs (sexually transmitted infections).**

If you just want a check-up and feel OK (no symptoms), just drop in to the Centre for testing. If you feel like something isn't right, it might be better to make an appointment to see one of our doctors or nurses – call us if you are worried. We provide:

- Self-testing for chlamydia and gonorrhoea
- Instant HIV and syphilis testing on finger prick blood sample
- Testing and treatment for common vaginal infections and most STIs
- Advice about where to go if we cannot provide everything you need.

Remember - chlamydia is common in young people and usually doesn't have symptoms, so you may have it even though you feel OK. The test is easy to do (you can do it yourself).

## **Need to talk about sexual and relationship problems?**

Our staff are experienced in working with young people and are used to discussing worries and anxieties connected with sexual and emotional relationships.

## **Can young men use Brandon Centre?**

YES... ! If you have any worries about using condoms, sexually transmitted infections, your relationships or sexual feelings, please drop in or call us to talk to one of our staff.

Remember, you can drop in anytime for free condoms. If you want, you can do a chlamydia or gonorrhoea test (just by peeing in a pot) without having to see a doctor or nurse.

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# Brandon Centre Services

## Brandon Centre provides:

- Contraception and sexual health services for young people
- Counselling and psychotherapy services for young people
- Services for the parents and carers of teenagers.

Call us for more information.

Separate information leaflets are available.

**All services are free** so you won't have to pay for anything.

## All services are confidential.

This means that we do not routinely tell anyone that you have been to Brandon Centre even if you are under 16. However, in exceptional circumstances, for example if we are worried about your or someone else's safety, we may have to speak to other professionals in order to help protect you. We will always try to discuss this and any concerns about your welfare with you first.

**You can refer yourself to all services** by calling us or by dropping into the Centre.

What people say about us:

**"I think the service is great, the nurses are very open and also give a lot of helpful advice. The service on the phone when you ring in for an appointment is also pleasant."**

**"The best things are that they help you with anything, and give advice about sex."**

**"I like the fact that I can get confidential advice about sexual health, free condoms and the pill. It makes it a lot easier to stay safe and be responsible."**

Camden & Islington Young People's  
Sexual Health Network



Brandon Centre is part of the Camden and Islington Young People's Sexual Health network. We work in partnership with Brook and Pulse to deliver services to the young people across these two boroughs.

## Contact details:

### Brandon Centre

26 Prince of Wales Road, London NW5 3LG

Tel: **020 7267 4792**

Text: **07451 288524**

Email: **contraception@brandoncentre.org.uk**

Website: **www.brandoncentre.org.uk**

## Travel Directions:

**Train:** Kentish Town West or Kentish Town.

**Underground:** Nearest tube is Kentish Town.

Chalk Farm and Camden tube stations are a 15-minute walk.

### Buses:

C2, 134, 214 to Kentish Town Road.

46, 393 to Prince of Wales Road.

24 to Malden Road.



Brandon Centre for Counselling and Psychotherapy for Young People  
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