

# Young People's Sexual Health Service Pathways (ages 13-18) and transition to adult services (16+)



**Lothian free condom service**  
[www.ccard.org.uk](http://www.ccard.org.uk)

**c:card** points where members of the public can pick up supplies.

**Agencies can request free condom stock** from c:card so their service users can pick up supplies.

**Condoms by post** for anyone ages 13+, posted (for free) in un-marked envelope.



**Emergency contraception**

**Free emergency hormonal contraception** for ages 13+, from any pharmacy in Lothian. Three months supply of progesterone only contraceptive pill is also available.

**Free emergency contraception** for ages 13+ also available from sexual health clinics.



**Healthy Respect services** (free condoms, pregnancy testing, and someone to talk to)  
[www.healthyrespect.co.uk](http://www.healthyrespect.co.uk)

**Partner services deliver drop-in services** across Lothian in school and community settings.

**Partner services can deliver Healthy Respect services flexibly** to the young people they work with.



**Healthy Respect + services** (full clinical sexual health services for ages 13-18, with youth work support)

**Young people can attend Chalmers Centre.** Daily drop in from 3.30pm to 7pm (Mon - Thurs) and 1pm to 3.30pm (Friday). For other local clinics go to [lothiansexualhealth.scot/yphelp](http://lothiansexualhealth.scot/yphelp).

**Partners working with vulnerable young people**, who need enhanced or urgent support to access our services, can phone 07795 666 671\* (professionals only priority access number).

For generic enquiries about supporting young people into the service, email

[ChalmersYouthVisits@nhslothian.scot.nhs.uk](mailto:ChalmersYouthVisits@nhslothian.scot.nhs.uk)

Please do not share this number with young people

## ADULT services



Adults can access Lothian **free condom service** via any c:card point; an agency who supplies to service-users; or **condoms by post**  
[www.ccard.org.uk](http://www.ccard.org.uk)



The ROAM service offer support, vaccinations and testing for **men who have sex with men** (ages 16+), including outreach work and clinics. For service updates go to:  
[www.roam-outreach.com](http://www.roam-outreach.com)

### Lothian Sexual & Reproductive Health Services

**Full sexual health clinics - including contraception, STI testing and treatment, abortion, PEPSE, HIV care, gender identity** - are available via central Chalmers service and clinics. For service updates go to:  
[www.lothiansexualhealth.scot](http://www.lothiansexualhealth.scot)

### WISHES

WOMEN'S INCLUSIVE SEXUAL HEALTH EXTENDED SERVICES

The WISHES service provides an extended sexual health service for **women affected by homelessness, prostitution, leaving care, and other vulnerabilities**  
[@WISHES\\_Lothian](https://twitter.com/WISHES_Lothian)