

Further information can be obtained from:

NHS 111	Dial 111
Or contact your GP	
Bluebell Ward, Lister Hospital, Stevenage	01438 284008
Children's A&E, Lister	01438 284333
QEII Urgent Care Centre, Welwyn Garden City	01707 247549
Lister Community Children's Nurses	01438 284012
QEII Community Children's Nurses	01438 288370
Patient Advice and Liaison Service	01438 285811

Contraceptive Advice for Young People

Child Health Patient Information Leaflet



www.enherts-tr.nhs.uk

Date of publication: February 2007
Author: John Hyde, Mary Emson
Reference: CH/72L
Review Date: April 2019
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Version: 4

You can request this
information in a
different format or
another language.



Can I get contraceptive advice and contraceptives if I am under 16 years of age?

If you are sexually active, it is important that you do get professional advice regarding contraception. You can get advice and, if appropriate, contraception, even if you are under 16 years of age.

If I am under 16 years of age, will my parents be told if I get contraceptive advice?

No, not if you show health professionals that you are able to understand the various issues.

If you do not want your parents to know, that is your right to confidentiality and will be respected by the health professionals you see.

Will I have to pay ?

No. Services provided at the clinic are free of charge.

Where can I go for this advice?

Some of the clinics that offer this service are listed below.

Family Planning Clinics

provide free confidential advice about contraception and sexual health to young people of both sexes.

Each area of East & North Herts has a clinic. Ask for the details from a health professional (a doctor or nurse).

What if I have unprotected intercourse?

Emergency contraception for females is available and consists of four tablets which must be taken within 72 hours of the unprotected intercourse.

You should go to your GP or the nearest family planning clinic as soon as possible. You do not have to tell the receptionist why you need to see the doctor. Ask for an emergency appointment.