

Front of card info translation -

We've created a page with all of the Sexual Health and Blood Borne Virus information you might need!

Scan the QR Code or go to:

Sexual Health appointments for the whole of Tayside can be made by phone. *If you need a translator, tell the team and they will arrange this.*

Call **01382 425542** between 09:00 am – 12:00 pm, Monday to Friday

Back of card info translation -

All services are FREE & confidential!

Free Condoms By Post:

For anyone, over 14, living in Tayside

FREE STI Test By Post:

THT Scotland

FREE HIV Test By Post:

HIV Scotland

Website – information translation

Sexual and Reproductive Health

Access to health services, including prescriptions is free in Scotland, you will not be asked to pay for them. For more information visit [a-guide-to-nhs-scotland-services-for-displaced-persons-from-ukraine-060422-ukrainian.pdf \(nhsinform.scot\)](#)

Sexual Health appointments for the whole of Tayside can be made by phone. If you need a translator please tell the team and they will use a service called Language Line. You'll have a three-way conversation with the call handler to get the advice you need.

Call 01382 425542 between 09:00 am – 12:00 pm, Monday to Friday

Tayside Sexual and Reproductive Health is a specialist service that offers appointments for a variety of sexual and reproductive health needs.

The service operates a triage system; this means when you call for an appointment a nurse will ask you a few questions to help decide when you need to be seen or if another service is more suited to your needs.

The service offers appointments via telephone, Near Me (video) and face to face in Dundee and Perth.

All clinics offer the following services:

- Free confidential service
- All methods of contraception
- Testing & Treatment for Sexually Transmitted Infections and HIV
- Sexual Health advice & information
- Free condoms
- Emergency contraception (including IUD/IUS)
- Pregnancy testing
- Referral for termination of pregnancy (TOP)
- Support for unplanned pregnancy
- Menopause clinic
- Sexual Problems clinic
- Sexual Health support following sexual assault

To avoid disappointment please do not drop-in to the sexual health clinic.

Blood Borne Virus (Hepatitis B, C & HIV)

You can have a test for BBVs at a Sexual Health Clinic, by using a postal service or at your GP (local doctor). If you have been at risk through your drug use, you can also be tested at harm reduction services such as:

<i>The Cairn Centre in Dundee</i>	12 Rattray St Dundee DD1 1NA T: 01382 204248
Drumhar Harm Reduction Service	Drumhar Health Centre North Methven Street Perth PH1 5PD T: 01738 564261

Alternatively you can order HIV tests online from [THT Scotland](#) or [HIV Test Scotland](#). Both offer free, fast and confidential testing with additional support available.

Postal Services

You can access 'Free Condoms' and Free STI & HIV testing, by visiting the following links.

Free Condoms By Post: [For anyone, over 14, living in Tayside](#)

Free Asymptomatic STI Testing: tht.org.uk/TaysideSTI

Free HIV Testing (HIV Scotland): sh.uk/welcome

Free HIV Testing for men who have sex with men (Terrence Higgins Trust Scotland): test.tht.org.uk/