

East Kent  
Rapeline 0800  
458 2810

Young People Weight  
Management Ready Steady Go  
0300 123 1220

Dover Counselling Service  
01304 204123

I'm really worried  
that if I want to go  
on the pill or  
something my  
doctor will tell my  
mum.



## **DID YOU KNOW AT BALMORAL SURGERY. . .**

You can drop in after 4pm on weekdays without an appointment to discuss with the nurse any contraception or sexual health worries.

You can get emergency contraception, for example “the morning after pill”.

You can get free condoms here if you are under 24 or anywhere else where the C-card sign is displayed.

You can get a home Chlamydia screening kit, just ask your GP or a practice nurse.

You can see a doctor or nurse to get help or advice with contraception or sexual health even if you are not a patient at this surgery.

You can ask to speak to a receptionist in a private area in confidence.

***“We are here to listen but not to tell”***

***This means that you can tell others about this visit, but we won’t.***

***We provide a confidential service to all our patients including under 16’s.***

***Are you aware that you can change the telephone number on your notes to your number ?***

## **Useful contacts**

Kent Sexual Health

Tel 0300 7900245

WWW.kentsexual health.nhs.uk

Bowling Green Lane Clinic, Deal  
01304 865443

Under 25s, walk in clinic for contraception, sexual health, chlamydia screening, emergency contraception, “the morning after pill”

Clinics are also held at

Dover Health Centre

Folkestone Health Centre

Pierremont Pharmacy, Broadstairs

Gate Clinic at Kent &

Canterbury Hospital

Marie Stopes

Termination of

Pregnancy 0845 3001212

Childline 0800 1111

Talk to Frank

0300123 6000