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CHOOSE
SAFER
SEX



ADVICE ON SEXUAL HEALTH

Sometimes it can be difficult talking to partners or friends about concerns you may have about sex.

There are now many places where you can get friendly and helpful advice. There are national lines, as well as local ones. Ring one of the numbers below to find out more. Sometimes it can be easier to ask personal questions over the phone. However, if you would like to speak to someone personally they will also be able to advise you about local clinics and where else you can go for strictly confidential advice.

HELPLINES

Terrence Higgins Trust - **0171 242 1010**

London Lesbian & Gay Switchboard - **0171 837 7324**

National AIDS Helpline (NAH) - **0800 567 123**

(Minicom 10am-10pm - **0800 521 361**)

(NAH also run different language lines)



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