

**Choose safer sex : local clinics (STD or GUM) / Health Education Authority ;  
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**CHOOSE  
SAFER SEX**

**CHOOSE  
SAFER  
SEX**

### **LOCAL CLINICS (STD or GUM)**

Most areas now have very good local health service clinics with wide experience of advising on sexual health. While they know a lot about HIV and AIDS, they can also help with a whole range of other infections or STDs (Sexually Transmitted Diseases). They are all free and strictly confidential. Ring one of the numbers below to find out where your local one is. Alternatively look in your local directory under STD or possibly GUM (Genito Urinary Medicine) Clinic.

### **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)

