**Manchester Sexual and Reproductive Health Services**

Sexual and Reproductive health services are open in Manchester although some buildings are not currently being used and most services have- (maybe longer term) changed the way they operate to minimise the risk of COVID-19 infection for staff and patients.

Most services are operating a telephone triage system and only making face-to-face appointments following the telephone consultation. Some services are being delivered by telephone consultations and providing STI test kits and medicines through the post if appropriate.

**Please do not go to a clinic unless asked to do so**

**Information for the public** on what to do about contraception, emergency contraception, abortion, sexually transmitted infections, HIV and sexual assault during Covid-19 is available on the Sexwise website <https://www.sexwise.fpa.org.uk/where-get-help/help-during-covid-19>

**Sexually Transmitted Infections (STIs)**

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| Your concern…. | The advice…… | Who to contact……. |
| Experiencing symptoms of a STI?  | You can have a consultation with the Northern Contraception, Sexual Health and HIV Service. This will be by telephone and you may be sent a test kit through the post and could also be sent treatment via post or asked to attend clinic to collect a testing kit and treatmentWhere it is clinically necessary you will be given an appointment to attend the service. | Contact the Northern contraception Sexual health and HIV service or your GP**The Northern Contraception, Sexual health and HIV service**Please do not go to a clinic unless told to do so. Instead use one of the following optionsSame day telephone consultations are available to [book online](https://thenorthernsexualhealth.co.uk/Online-Booking) from 08:30 each morning Monday to Friday.https://www.thenorthernsexualhealth.co.uk/ Use the online booking service to book an appointment and the service will ring you back at the appointment time.There is also an emergency phone line for emergency cases PEP (medication that can prevent HIV if taken after a recent exposure to HIV), sexual assault, emergency contraception and Under 16's). Based on the information you give they will assess each case individually and advise accordingly.Monday to Friday 08:30 - 15:30 Saturday 09:15 - 11:150161 701 1513. |
| Think you may have been exposed to HIV by having:- had unprotected sex- had sex with someone with HIV with a detectable viral load and the condom broke - used or been injured with an HIV-infected needle | Taking PEP (Post Exposure Prophylaxis), ideally within 24 hours of the risk, and no later than 72 hours, you may be able to prevent HIV infection. PEP is not always appropriate, and a doctor can advise if PEP is suitable for you based on your individual circumstances. | Call The Northern Service’s emergency line.The Northern’s emergency phone line is for emergency cases including PEP (medication that can prevent HIV if taken after a recent exposure to HIV). 0161 701 1513.Monday to Friday 08:30 - 15:30 Saturday 09:15 - 11:15If you need PEP outside these times when clinics are closed contact the Accident and Emergency (A&E) service. |
| Think you might have HIV? | If you think you may have been exposed to HIV in the last three days follow the advice above for PEP.You can get a home sampling Kit sent to your home or testing for HIV can be arranged by a sexual health clinic. You can make an appointment for a telephone consultation with the local Sexual Health Service.BHA, George House Trust and LGBT Foundation are also providing telephone support. | You can order an STI and HIV testing kit via the Northern’s website - https://www.thenorthernsexualhealth.co.ukAlternatively you can order an HIV self-sampling kit online from https://freetesting.hiv/ **The Northern Contraception, Sexual health and HIV service**Please do not go to a clinic unless told to do so.Same day telephone consultations are available to [book online](https://thenorthernsexualhealth.co.uk/Online-Booking) from 08:30 each morning Monday to Friday.https://www.thenorthernsexualhealth.co.uk/ Use the online booking service to book an appointment and the service will ring you back at the appointment time. <https://thebha.org.uk/>https://ght.org.uk/https://lgbt.foundation/ |
| Living with HIV and need support. | You can still receive online and phone support. | Advice from The Northern -[https://www.thenorthernsexualhealth.co.uk/Coronavirus%20(COVID-19)%20and%20HIV](https://www.thenorthernsexualhealth.co.uk/Coronavirus%20%28COVID-19%29%20and%20HIV) Contact the clinic where you attend for your careGeorge House Trust can give general support and advice on 0161 274 4499 or email info@ght.org.uktalk@ght.org.ukPeople living with HIV are advised to visit the British HIV association website which has extensive information on COVID-19 – <https://www.bhiva.org/Coronavirus-COVID-19>  |
| Need condoms? | Condoms can still be purchased online or through your local pharmacy or supermarket. There are also free condoms available for specific groups.  | **The Freedoms Shop** is an NHS sexual health promotion initiative run by NHS Central and North West London (CNWL). It sells sexual health products including condoms and lube online<https://www.freedoms-shop.com/gmpash/>**LGBT Foundation** can provide free condoms for the LGBT community- <http://www.lgbt.foundation/condoms/order>**BHA for Equality** can provide free condoms and lubricant by post to Greater Manchester residents from the Black, Asian and ethnic minority community who are over 18. Order online<https://thebha.org.uk/condom-request/>People collecting medication from The Northern Service can also request condoms. |
| PrEP | Recruitment onto the PrEP Impact trial by The Northern is currently suspended.Repeat prescriptions for current Impact participants and support for self-funders of PrEP is still available.Recruitment onto the PrEP Impact trial is about to close but if you are already participating in the trial PrEP will continue to be supplied.For advice on suspending taking PrEP, resuming taking it, changing how you take it and repeat prescriptions visit the Northern website. Routine provision of PrEP has not yet commenced. Once this is available details will be on the Northern’s website | **The Northern Contraception, Sexual health and HIV service*** Advice on the use of PREP
* Testing and repeat prescriptions for trial participants
* Testing for self-funders

<https://www.thenorthernsexualhealth.co.uk/PrEP-Clinics>For more information on combination prevention including PrEP visit the Greater Manchester HIV prevention website - <https://sorthiv.org.uk/> |
| I don't have any symptoms but would like an STI kit sent to me. | STI test kits can be ordered from the Northern website  As staff and lab capacity is being diverted to the COVID-19 response provision of kits for asymptomatic testing may be affected and the number available may be less than usual but we will be increasing capacity as soon as we canIf you have symptoms then contact the Northern for an appointment. | If you have symptoms please use the Northern’s online booking system to book a telephone consultation (see above).You can order an STI and HIV testing kit via the Northern’s website - https://www.thenorthernsexualhealth.co.ukAlternatively you can order a HIV self-sampling kit online from https://freetesting.hiv/  |

**Contraception**

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| Your concern…. | The advice…… | Who to contact……. |
| Your intrauterine device (IUD/S), implant or other form of long acting contraception is due to run out?  | The advice is that this may be able to remain in place for longer than usual; the sexual health service or your GP can advise You can get a prescription for the progesterone only pill in the meantime to prevent pregnancy. | Call The Northern Service’s contraception line available Monday to Friday 09:00 - 15:00 0161 701 1523Under 19 year old - BrookCall Brook on 0161 237 3001 On Monday – Friday between 12.00-17.00 Saturday 12.00-15.00 to book a telephone consultationSee the FSRH leaflet <https://www.fsrh.org/documents/advice-for-women-seeking-contraception-abortion-and-other/> For information on contraception see the Sexwise website <https://www.sexwise.fpa.org.uk/where-get-help/help-during-covid-19>  |
| You are due contraceptive injection (Depo-Provera, Sayana Press or Noristerat) | Contact your usual provider (GP, The Northern or Brook)Your provider may ask if you want to change to Sayana Press which can be sent to you and be self-administered after a consultation.You may be provided with a prescription for the progesterone only pill in the meantime to prevent pregnancy. | Call The Northern Service’s contraception line available Monday to Friday 09:00 - 15:00 0161 701 1523Under 19 year old - BrookCall Brook on 0161 237 3001 On Monday – Friday between 12.00-17.00 Saturday 12.00-15.00 to book a telephone consultationFor more information on contraceptive choices https://www.contraceptionchoices.org/ |
| You want a intrauterine device (IUD/S), implant or other form of long acting contraception? | You may need to wait for a IUD/S or implant but you can have a telephone contraception assessment to help decide which form of contraception is most suitable for you. You may then be placed on a waiting list for the coil or implant to be fitted. In the meantime you can get a prescription for the progesterone only pill to prevent pregnancy.In an emergency, following unprotected sex in order to prevent pregnancy, it may be possible to have a coil fitted. | From your GP for the progesterone only pill or call The Northern Service contraception line (see below). Call The Northern Service contraception line available Monday to Friday 09:00 - 15:000161 701 1523See the FSRH leaflet <https://www.fsrh.org/documents/advice-for-women-seeking-contraception-abortion-and-other/> |
| Need a repeat prescription for the pill? | You may be able to have a longer prescription than normal if you have had your blood pressure checked in the past 12 months, your BMI is okay and your medical professional feels it is safe to do so. | From your GP or Call The Northern Service contraception line available Monday to Friday 09:00 - 15:000161 701 1523Under 19 year old - BrookCall Brook on 0161 237 3001 On Monday – Friday between 12.00-17.00 Saturday 12.00-15.00 to book a telephone consultation |
| Need condoms? | Condoms can still be purchased online, through your local pharmacy or supermarket. | **LGBT Foundation** can provide free condoms for the LGBT community- <http://www.lgbt.foundation/condoms/order>**BHA for Equality** can provide free condoms and lubricant by post to Greater Manchester residents from the Black, Asian and ethnic minority community who are over 18. Order online<https://thebha.org.uk/condom-request/>People collecting medication from The Northern Service can also request condoms.**The Freedoms Shop** is an NHS sexual health promotion initiative run by NHS Central and North West London (CNWL). It sells sexual health products including condoms online<https://www.freedoms-shop.com/gmpash/> |
| Need emergency contraception? | The most effective form of emergency contraception is the copper intrauterine device (Cu-IUD), and services are trying to maintain the fitting of these devices where possible.Emergency Hormonal Contraception (EHC) can still be obtained. Even if you are symptomatic with covid-19 or self-isolating, please phone your GP, pharmacy or the Northern. | **Pharmacies**Most local pharmacies offer emergency hormone contraception. To find a pharmacy offering free emergency hormonal contraception look on the GMPaSH website https://gmpash.org.uk/emergency-contraceptionPlease ring the pharmacy before visiting.**The Northern Contraception, Sexual health and HIV service**The Northern has a phone line for emergency cases including emergency contraception, PEP (medication that can prevent HIV if taken after a recent exposure to HIV), sexual assault and Under 16's). Following a telephone consultation they may be able to book you in to have a copper intrauterine device fitted or provide EHC to you.Monday to Friday 08:30 - 15:30 Saturday 09:15 - 11:150161 701 1513.Under 19 year old - BrookCall Brook on 0161 237 3001 On Monday – Friday between 12.00-17.00 Saturday 12.00-15.00 to book a telephone consultationSee the FSRH leaflet <https://www.fsrh.org/documents/advice-for-women-seeking-contraception-abortion-and-other/> |
| Unplanned pregnancy?  | Support to discuss your options is still available from The Northern or Brook (Under 19 years)Abortion services are still operating. | There is advice available and numbers of organisations you can talk to at: <https://www.sexwise.fpa.org.uk/unplanned-pregnancy>Abortion counselling and procedures available through central booking on 0345 365 0565.**The Northern Contraception, Sexual health and HIV service**Please do not go to a clinic unless told to do so.Same day telephone consultations are available to [book online](https://thenorthernsexualhealth.co.uk/Online-Booking) from 08:30 each morning Monday to Friday.<https://www.thenorthernsexualhealth.co.uk>Under 19 year old - BrookCall Brook on 0161 237 3001 On Monday – Friday between 12.00-17.00 Saturday 12.00-15.00 to book a telephone consultation |

**Sexual Health Support for Specific Groups**

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| Under 19 years of age? | You can still receive support for sexually transmitted infections and contraception from Brook or The Northern | **Brook**Brook are still open and offering same day telephone consultation, and urgent appointments. Call Brook on 0161 237 3001 On Monday – Friday between 12.00-17.00 Saturday 12.00-15.00 to book a telephone consultationContraception, STI test kits, STI treatment and Condoms can be posted out or with a pre-arranged appointment picked up from the clinicPlease do not go to a clinic unless told to do so. There are no drop in services.<https://www.brook.org.uk/covid-19-response/> **The Northern Contraception, Sexual health and HIV service**Please do not go to a clinic unless told to do so.Same day telephone consultations are available to [book online](https://thenorthernsexualhealth.co.uk/Online-Booking) from 08:30 each morning Monday to Friday.https://www.thenorthernsexualhealth.co.uk/ Use the online booking service to book an appointment and the service will ring you back at the appointment time.Advice for young people is available through <https://www.brook.org.uk/> and https://www.sexwise.fpa.org.uk/ |
| LGBT and want sexual health advice? | LGBT Foundation is offering phone support, online workshops and free condoms and lube. | Visit the Foundation’s website https://lgbt.foundation/Email sexualhealth@lgbt.foundation |
| BAME and want sexual health advice? | BHA for Equality is offering telephone support. | Visit BHA’s website <https://thebha.org.uk/>Contact pash@thebha.org.uk for a call backBHA for Equality can provide free condoms and lubricant by post to Greater Manchester residents from the Black, Asian and ethnic minority community who are over 18. Order online<https://thebha.org.uk/condom-request/> |
| Victim of a sexual assault? | Saint Mary's SARC remains available to provide healthcare and support services to victims of rape and sexual assault. You can report to the Police or contact Saint Mary’s Helpline.Rape Crisis Helplines are still operating. | Contact Saint Mary’s 24 hour helpline on 0161 276 6515.Call The Northern Service’s emergency line Monday to Friday 08:30 - 15:30 Saturday 09:15 - 11:150161 701 1513. Manchester Rape CrisisHelpline: 0161 273 4500 Email: help@manchesterrapecrisis.co.uk**National Rape Crisis on 0808 802 9999.** |
| Have other vulnerabilities? | This could include people with learning disabilities, severe mental illness, homeless or other vulnerabilities. Support is still available for you. | Go online to make a same day telephone appointment with The Northern Service for advice or call the emergency line **The Northern Contraception, Sexual health and HIV service**Please do not go to a clinic unless told to do so. Instead use one of the following optionsSame day telephone consultations are available to [book online](https://thenorthernsexualhealth.co.uk/Online-Booking) from 08:30 each morning Monday to Friday.https://www.thenorthernsexualhealth.co.uk/ Use the online booking service to book an appointment and the service will ring you back at the appointment time.There is also an emergency phone line for emergency cases (PEP (medication that can prevent HIV if taken after a recent exposure to HIV), sexual assault, emergency contraception and Under 16's). Based on the information you give they will assess each case individually and advice accordingly.Monday to Friday 08:30 - 15:30 Saturday 09:15 - 11:150161 701 1513.  |