

where are the sexual health clinics?

north ayrshire

Androssan Health Centre	Family Planning	Every Thursday	2 - 4pm	01294 323226
Beith Health Centre	Family Planning	1st Wednesday	7 - 8.30pm	01294 323226
Ayrshire Central Hospital Outpatients	Family Planning	Every Tuesday	7 - 8.30pm	01294 323226
	GUM Clinic	Every Monday	9.30 - 11.30am	01294 323226
	GUM Clinic	Every Tuesday	2.00 - 3.30pm	01294 323226
	GUM Clinic	Every Thursday	1.30 - 4pm	01294 323226
Ballot Road Clinic	Family Planning	Every Thursday	7 - 8.30pm	01294 323226
	Young Peoples Clinic	Every Thursday	4 - 5.30pm	01294 323226
Fergushill Clinic, Fergushill Road	Family Planning	Every Wednesday	2 - 4.00pm	01294 323226
Brooksby Hospital Day Centre	Family Planning	2nd & 4th Tuesday	7 - 8.30pm	01294 323226
Three Towns Resource Centre	Young Peoples Clinic	Every Tuesday	5 - 6.30pm	01294 323226

south ayrshire

Miller Road	Family Planning	Every Monday	7 - 8.30pm	01294 323226
	Family Planning	Every Thursday	2 - 4pm	01294 323226
	Young Peoples Clinic	Every Saturday	10 - 11.30am	01294 323226
North Ayr Health Centre (Whitletts)	Family Planning	Every Thursday	10 - 11.30am	Drop in
North Ayr Health Centre (Whitletts)	Family Planning	Every Friday	9.30 - noon	01292 885500
Heathfield Clinic	GUM Clinic	Every Tuesday	8.30 - 11am	01292 610557
		Every Wednesday	2 - 4pm	01292 610557
		Every Friday	9 - 12am	01292 610557
Letterbox, Townhouse, Girvan	Young Peoples Clinic	Every Thursday	7 - 8.30pm	Drop in
Barassie Street Clinic	Family Planning	3rd Thursday	7 - 8.30pm	01294 323226

east ayrshire

Cumnock Health Centre	Family Planning	Every Wednesday	7 - 8.30pm	01292 422214
CHAT @ Yipworld	Young Peoples Clinic	Every Wednesday	6.30 - 8.30pm	Drop in
Central Clinic, Old Irvine road	Family Planning	Every Monday	9.30 - 11.30	01563 545700
	Family Planning	Every Monday	2 - 3.30pm	01563 545700
	Family Planning/GUM	Every Monday	7 - 8.30pm	01563 545700
	Young Peoples Clinic	Every Tuesday	2 - 3.30pm	01563 545700
	GUM Clinic	Every Wednesday	6 - 8pm	01563 545700
	Family Planning	1st and 3rd Wednesday	7 - 8.30pm	01563 545700
	Family Planning	Every Friday	9 - 12am	01563 545700
	Family Planning	Every Friday	12 - 1.30pm	Drop in

other areas

YMCA Drop in Centre	Young Peoples Clinic	2nd & 4th Wednesday	3.30 - 5pm	01776 706800
Russel Institute	Young Peoples Clinic	Every Tuesday	3.30 - 5pm	0141 8891649

can phone the above numbers for **Help and advice on Sexual Health Matters**

Confidential help and advice on sexual health matters, Department of Sexual Health

will be handled confidentially and point you in the right direction.

provide CONFIDENTIAL ADVICE on STIS, STDS, WORRIES and CONCERNS about sexual health matters even if you are under 16.

You can also get advice from websites

- * www.shayr.com
- * www.ruthinking.co.uk
- * www.healthy-respect.com
- * www.brook.org.uk
- * www.samaritans.org.uk
- * www.fpa.org.uk

Specifically designed for young people

With special thanks to pupils from Carrick Academy and Kilwinning Academy

Young Person's sexual health information leaflet

**WARNING
SAFER SEX STARTS**