

Free and confidential Emergency Contraceptive services for Under 25's

If you are unable to provide emergency contraception to a young person, below are a range of services that you can refer to across Hertfordshire.

If making any referral on behalf of a young person, contact the services in advance to see if they are open and the appropriate staff are available to offer support.

1) Pharmacies

Some local pharmacies continue to offer free oral Emergency Contraception to under 25s. To find out where they are visit in [interactive map](#).

2) Sexual Health Hertfordshire (SHH)

Sexual Health Hertfordshire offer a range of free and confidential services including pregnancy testing, emergency contraception and testing for STI's for young people living in Hertfordshire

Free Walk-in clinics for young people (21 years and under) provided by SHH: Call **0300 008 5522** or go to <https://www.sexualhealthhertfordshire.clch.nhs.uk/> for more information. Anyone over 21 can also access EHC from SHH, their GP or online from [SH:24](#) (see below)

3) On-line

Order free and confidential emergency contraception pill via [SH:24](#) for women 16 years and above. **If the young person is unable to use online services, please call 0300 008 5522*

4) General practice (GP)

Patients can access emergency contraception from their GP

Further Online services available to Hertfordshire residents

- **Contraceptive pill:** order on-line via www.sh24.org.uk
- **Testing for STIs with no symptoms:** order a free test via www.sh24.org.uk
- **HIV Testing:** order online from www.freetesting.hiv
- **Chlamydia and Gonorrhoea test:** www.getit.org.uk
- **Condoms:** www.getit.org.uk

Young People can also ask questions about sex and relationships via the Sexual Health texting service on **07860 057 369** or visit <https://www.servicesforyoungpeople.org/support-for-young-people/services-for-young-people-access-point-projects/sexual-health-services/> for further information.

The Public Health Nursing Team also provide a confidential 'chat health' texting service:
0748 063 5050