



A Sexual Health Guide to: **CARDIFF**

Whether you're a new or returning student, it's important to know where you can get sexual health support to care for yourself and others.

I am pregnant and I need to talk to someone about my options.

For advice on who to talk to see [Frisky Wales](#) or ring 02920 742638 to arrange an appointment directly or speak to your GP.

I need condoms

Get a condom card or [C Card](#) from the [YMCA](#) or call the team on 07968279497. They deliver!

Or order condoms from [Frisky Wales](#)

I think I have been exposed to HIV

Ring Sexual Health Clinic Cardiff 02920 335208 within 72 hours of exposure you may benefit from post exposure prophylaxis or PEPSE

I want to start PrEP (Pre exposure Prophylaxis)

Contact sexual health clinic on 02920 335208 and you will be contacted by the virtual PrEP clinic.

FURTHER SUPPORT ONLINE

Local Support: [Sexual Health Clinic](#)

National services: [Frisky Wales](#)

Help and Advice: [YMCA Sexual Health](#)

HIV Advocacy: [Fast Track Cardiff and Vale](#)

Sexual Assault: [Sexual Assault Referral Centre](#)

Time To Test?

I have symptoms / I think I have an STI

Ring Sexual Health Clinic Cardiff 02920 335208 9am to 3pm Monday to Friday

I just need a check-up (e.g. recent risk, new partner, regular testing)

You can now order a FREE home test kit as part of Frisky Wales' new [Test and Post](#) service.

Getting tested is the first step in protecting yourself from STI's and HIV. Book your test today!



Contraception

I need emergency contraception

Please ring the sexual health clinic on 02920335208.

Pharmacies provide emergency hormonal contraception, find your nearest pharmacy [here](#).

I want to start the pill

Click [HERE](#) for more information about oral contraceptive services in Cardiff and Vale.

I want information about contraception choices

Find out about a wide range of options at [Frisky Wales](#)