

## If you need urgent care:

- There are a number of ways to get urgent help and support, if you are in need of urgent care you should present at your GP or at A&E immediately
- For adults in crisis, you can call the Samaritans for free: **116 123** Free 24 hours [www.samaritans.org](http://www.samaritans.org)
- Young person in distress, please call Childline for free: **0800 1111** Free 24 hours [www.childline.org.uk](http://www.childline.org.uk)
- LGBT and in need of support, call Switchboard: **0300 330 0630** (10am – 11pm)
- Women and Girls in need of support can call the Women and Girls network: **0808 801 0660** (Mon – Fri 10am – 4pm, Wed 6 – 9pm) [www.wgn.org.uk](http://www.wgn.org.uk)
- For HIV related enquires please call THT Direct: **0808 802 1221** Free to call (10am – 8pm)

## Free contraception

Central and North West London Sexual Health services provide free contraception. For more information visit: [www.sexualhealth.cnwl.nhs.uk](http://www.sexualhealth.cnwl.nhs.uk)

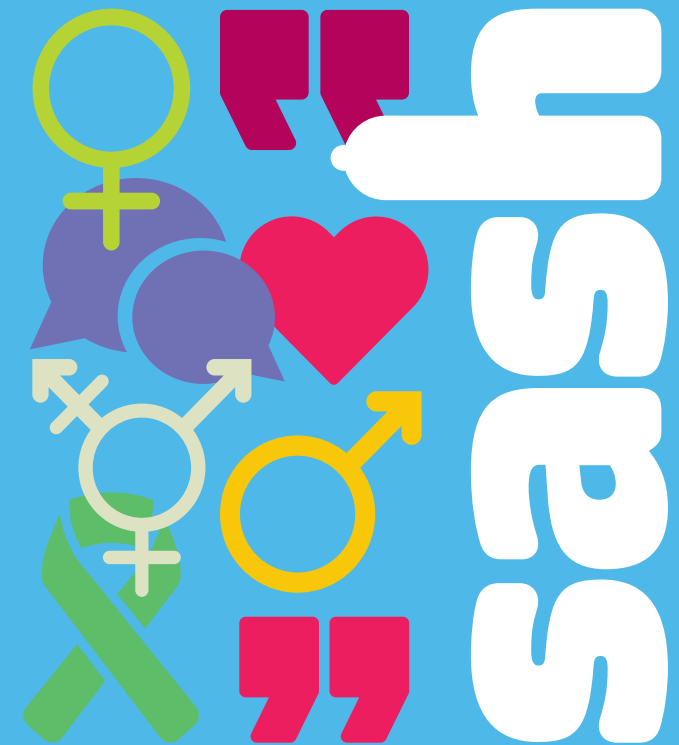
## How to get in touch:

**T:** 020 7851 2955

**E:** [info@SASHLondon.org](mailto:info@SASHLondon.org)

**W:** [wellbeing.turning-point.co.uk/sexualhealth/](http://wellbeing.turning-point.co.uk/sexualhealth/)

Working Together



## Support & Advice on Sexual Health

We provide sexual health advice, support and information including confidential and holistic sexual health assessments

# About SASH

SASH is a specialist sexual health promotion service that offers support and advice on sexual health and is delivered by Turning Point, METRO, NAZ, London Friend and Marie Stopes.

Working together, we provide general information and advice on sexual health as well as peer support, group work, counselling, support for family and carers and complementary therapies.

SASH promotes good sexual health to residents in Hammersmith and Fulham, Kensington and Chelsea and Westminster and works in close partnership with community reproductive health, contraception STI screening and HIV treatment services to ensure accessible and responsive services for all.



## Where to find us

### Our main hubs:

- **North Westminster** –  
209a Harrow Road, W2 5EH
- **Kensington & Chelsea** –  
St Charles Centre, Exmoor Street,  
Ladbroke Grove, W10 6DZ
- **South Westminster** –  
31 Wardour St, W1D 6PT
- **Hammersmith & Fulham** –  
30 Blacks Rd, W6 9DT

## Who we help

- People living with HIV and their families
- People with questions about their sexual and reproductive health
- People who want to change behaviours affecting their sexual health
- People who have recently been diagnosed with HIV
- LGBT people
- People working in the sex industry
- People affected by domestic abuse
- Young people (15 years and over)

## What does SASH offer?



- Counselling
- One-to-one sessions to support you to meet your goals
- Support for families impacted by HIV
- Advice and information on sexual health and wellbeing
- Free massage therapies
- Specialist support groups where you can meet people with similar experiences to your own

## Living with HIV

Whether you are newly diagnosed or have been living with HIV for a long time, SASH can provide HIV specific support via health and wellbeing coaches, counsellors, complementary therapies and access to groups. We run culturally and language specific groups via our partners NAZ and METRO