

## Sexual Health Advice and Support

There are times when some young people would find it useful to make sure their sexual health is okay, and they may have questions about things that have happened to them.

Your GP is a good source of advice and support around sexual health and emotional health

### Sexual Health Screening:

It's important to make sure that when someone has worries about their sexual health, they have support to check everything is okay. If things are not okay, there are people who can help to solve their worries. You can find the right service to help by following this link

<https://www.northumbria.nhs.uk/our-services/sexual-health-services>

If a child under the age of 13 years old is sexually assaulted the police and children's services must always be involved.

### Someone Cares:

Someone Cares offers a free counselling service for survivors of abuse, specialising in childhood sexual abuse, rape and sexual assault.

<https://someonecares.org.uk/contact/>

### Rape Crisis Tyneside & Northumberland: Grace Northumberland

A specialist service for women & girls, aged 13 and over who identify a women's service is right for them. They offer free counselling, Independent Sexual Violence Advisor (ISVA) support and helpline & email support, for those who have survived sexual violence at any point in their life.

<http://gracenrc.org.uk/>

You can also complete the Early Help Support request here

[https://form.northumberland.gov.uk/form/auto/multi\\_agency\\_ref\\_form](https://form.northumberland.gov.uk/form/auto/multi_agency_ref_form)