

<p>Essex Sexual Health Services – Asking for a friend. Provides free, confidential, and non-judgemental sexual health services for everyone in Essex regardless of age, gender or sexuality.</p>	<p>Website: Welcome to Essex Sexual Health Services (askingforafriend.org.uk) Phone: 0300 003 1212</p>
<p>Southend Sexual Health Service Provides a wide range of confidential services including STI testing, treatment, contraception (including long acting and emergency), pregnancy testing, and specialist young people’s services.</p>	<p>Website: Sexual Health Service</p>
<p>Thurrock Sexual Health Service Provides free, confidential sexual health services for everyone in Thurrock. Access contraception, STI testing, emergency contraception and more.</p>	<p>Website: Thurrock Sexual Health Service: (GUM) Clinics in Thurrock – Brook</p>
<p>Essex Youth Service – Relationships and Sex Education Providing appropriate support, advice, and guidance on various RSHE topics.</p>	<p>Website: Relationships and Sex Education</p>
<p>Young Thurrock – Health advice for young people Providing sexual health advice for young people.</p>	<p>Website: Sexual health Health advice for young people Thurrock Council</p>
<p>Brook National charity to offer both clinical sexual health services, education & wellbeing services for young people.</p>	<p>Website: Brook</p>
<p>Terrance Higgins Trust (THT) UK’s leading HIV and sexual health charity.</p>	<p>Website: Terrace Higgins Trust</p>
<p>CHAT Health School nurse text messaging service for confidential health advice.</p>	<p>Website: Chat Health</p>
<p>The Mix – Sex & Relationships Support and information on sex and relationships for young people aged under 25.</p>	<p>Website: Sex & Relationships Education Hub Contraception, STIs & More The Mix</p>
<p>Wellbeing of Women – Period Information Hub Questions about your period answered.</p>	<p>Website: Period information hub</p>
<p>Childline – Sexting and Sending Nudes Advice to help if feeling pressured to send a nude or if something’s gone wrong after sending one.</p>	<p>Website: Sexting and sending nudes Childline Phone: 0800 1111</p>

<p>Childline – Report Remove Report Remove is here to help young people under 18 in the UK to confidentially report sexual images and videos of themselves and remove them from the internet.</p>	<p>Website: Report Remove Childline Phone: 0800 1111</p>
<p>Revenge Porn Helpline (18+) UK service providing advice, guidance, and support to adults (aged 18+) helping to remove intimate content which has been non consensually shared online.</p>	<p>Website: Revenge Porn Helpline - 0345 6000 459 Revenge Porn Helpline Phone: 0345 6000 459</p>
<p>Childline – Healthy and Unhealthy Relationships Information and advice on healthy and unhealthy relationships.</p>	<p>Website: Healthy and unhealthy relationships Childline Phone: 0800 1111</p>
<p>Essex Youth Service – Healthy Relationships Support helping you identify healthy relationships.</p>	<p>Website: Healthy Relationships</p>
<p>Essex County Council – Sexual Assault Referral Centre (SARC) Confidential healthcare and compassionate support for people of all ages who have experienced sexual assault.</p>	<p>Website: Sexual Assault Referral Centre (SARC) Essex County Council Phone: 0330 223 099</p>
<p>Compass A partnership of domestic abuse services providing a response in Essex.</p>	<p>Website: Essex Compass Phone: 0330 333 7 444</p>
<p>Your Best Friend The Your Best Friend project is aimed at girls, young women and non-binary people aged 13-24. It aims to help young people recognise and safely manage concerns about abuse in friends’ relationships or their own.</p>	<p>Website: Your Best Friend</p>
<p>Essex Frontline Frontline is a community project. It helps frontline workers and the public to quickly find details on local health and wellbeing services and to contact services through call back and referral options.</p>	<p>Website: Essex Frontline</p>
<p>Essex Council for Voluntary Youth Services (ECVYS) – The Essex Youth Map Find out about groups or activities near you.</p>	<p>Website: The Essex youth map- find a group/activity near you « Essex Council for Voluntary Youth Services</p>
<p>Kooth</p>	<p>Website: Home - Kooth</p>

<p>Kooth is an online mental health support service aimed at young people aged 11-25.</p>	
<p>Shout Shout is a free confidential and 24/7 text messaging service for anyone in the UK who needs supports.</p>	<p>Website: Get help - free, 24/7, confidential mental health text support service Shout 85258 Text: 85258</p>