

Sexual Health Support & Advice

Looking after your sexual health is important. Whether you need contraception, testing, advice about relationships, or just have questions, there's help available in Shropshire.

Local Sexual Health Services

Shropshire Health for Youth

Provides free and confidential sexual health support, including:


- ✓ Information & advice
- ✓ Condoms
- ✓ Emergency contraception
- ✓ Pregnancy testing
- ✓ Chlamydia screening

 [Find a sexual health clinic near you](#)

Shropshire Condom Distribution Scheme (CDS)

If you're aged 13-19, you can get free condoms through this confidential service. Staff will listen and offer support without sharing your details, unless someone is at serious risk.

 Learn more about free condoms in Shropshire




 Visit: Severn Fields Health Village, Sundorne Village, Shrewsbury, SY1 4RQ

 Call: 0300 123 0994

Support for Healthy Relationships & Abuse Awareness

CRUSH – Healthy Relationships Support

CRUSH is a project for anyone aged **13-19** who wants to learn about safe and healthy relationships. It can help if you've experienced, witnessed, or want to understand more about abusive relationships. Open to everyone—male, female, and non-binary.

-  CRUSH Referral Line: 0800 014 9084
 -  Email: crush@westmerciawomensaid.org
 -  [More about CRUSH](#)
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Support for Trauma & Abuse Survivors

Axis Counselling

Supports people who have experienced:

- ✓ Childhood sexual abuse
- ✓ Emotional or physical abuse
- ✓ Rape & sexual assault





Axis 4 Young People offers free one-to-one counselling for young people aged 11-25, including those affected by child exploitation and trafficking.

-  Shrewsbury: Fletcher House, 15 College Hill, SY1 1LY
 -  Telford: The Glebe Centre, Glebe Street, TF1 1JP
 -  Call: 01743 357777 or 01952 278000 (Mon-Fri, 10am-4pm)
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Online & National Support

Childline

Whatever's on your mind, Childline is here to listen. If you need support with relationships, sexual identity, or anything else, you can talk to a trained counsellor for free.

-  Call: 0800 1111 (24/7, free & confidential)
-  [Explore advice about sexual identity](#)
-  [Learn about contraception](#)
-  [Info on online porn & staying safe](#)

Be Aware, Stay Safe! (Barnardo's)

Worried about yourself or a friend? Talk to an adult you trust, like a teacher, parent, carer, or social worker.

-  [Spot the signs of exploitation](#)

 More Sexual Health Resources

 [Health for Young People – Shropshire](#)

 [Health for Teens – Relationships, puberty & more](#)

 [Sexual Health Services for Teens in Shropshire, Stoke & Staffordshire](#)