

**WHERE TO GET
HELP AND
CONFIDENTIAL
ADVICE**

School Nurses
Herts & Essex Hospital
01279827909

Youth Clinic
Market Square Bishop's
Stortford
Monday 3.15pm-5.00pm
01279 652745

Marie Stopes
Free confidential advice
regarding unwanted
pregnancy
08453008090

**Bishop's Stortford
Family Planning Clinic**
Out-Patient Department
Herts & Essex Hospital
Mondays 6.30pm-
8.30pm
01279657759

One Stop Shop
Playhouse Square
Harlow
Open Monday –Saturday
Advice for 13-25 yr olds
0800587013

PACK IT IN
Hertfordshire Specialist
Stop Smoking Advice
08003893998

Bodyzone
Northgate End
Bishops Stortford
Tuesdays 7.00pm-9.00pm
07909611464

**Galen House –
Sexual Health Clinic**
Hamstel Road (near
Harlow Hospital)
Harlow
CM20 1DW
01279694901

**ADASH (Adolescent
Drug & Alcohol Advice
Hertfordshire)**
Confidential advice for
young people
Phone - 01923537227
Text - 07770537227

**NHS Walk-In
Centre**
Opposite Harlow
Hospital, CM20
1QP
01279694775

**Street FM
Project**
Advice and
support regarding
drugs for under 19
yr olds
01279655427