

# Who Can Help Me?

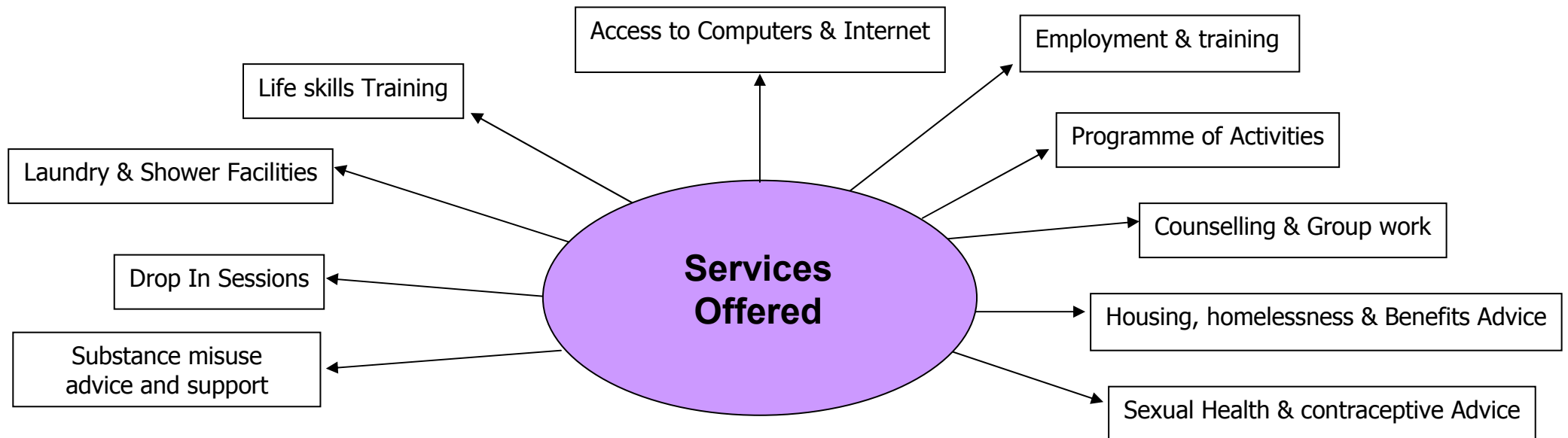


▫ Contraception ▫ Relationships ▫ Pregnancy ▫ Health ▫ Eating Disorders ▫  
Housing ▫ Abuse ▫ Alcohol ▫ Drugs ▫ Bullying ▫



# Suffolk Young Peoples Health Project

Multi agency Young People's Drop In Centre, general information, support & guidance



Everybody welcome! One Stop Shop for all your health needs: friendly staff, a place to go, lots of activities. Free condoms, free pregnancy tests, contraception info!

Email: [enquiries@syphp.org.uk](mailto:enquiries@syphp.org.uk)

The Project Nurses: For 12-25 Yr Olds, Open Access Service

Mon 8.30-10.30pm & Tues 5.30-8.00pm & Thurs 6.3-8.00pm & Sat 10.30-12.30pm,

Come and drop in for advice, discussion, condoms, pregnancy testing, emergency Contraception.

14 Lower Brook Street, Ipswich, IP4 1AP.

Telephone: 0845 31 0845 0

# Confidentiality

The organisations in this book are here to help you and you will be able to talk to any of them in confidence. Receptionists, practice nurses and anyone else working in surgeries or similar organisations cannot give out any information about you or even say that they saw you. They would only share their concerns in exceptional circumstances where there were issues about your own safety or that of another young person or child.