

## Chemsex Contact List – Nottingham City and County

### Condoms, Lube, Sexual Health Advice and Sexually Transmitted Infection Testing

C Card (Nottingham City) (Under 25s) [www.ccardnottingham.com](http://www.ccardnottingham.com) (not testing)

C Card (Nottinghamshire) (Under 25s) [www.nottinghamshire.gov.uk/c-card](http://www.nottinghamshire.gov.uk/c-card)

Health Shop (also dams and gloves) 0115 9055001 [www.healthshopnottingham.co.uk](http://www.healthshopnottingham.co.uk)

Kingsmill, The Hub 01623 672260

Nottingham Sexual Health Service (City Site) 0115 9627 627

THT 0115 882 0121 [www.thtorg.uk](http://www.thtorg.uk) (home visits available) THT Direct: 0808 802 1221

TriHealth, Bassetlaw Sexual Health Service 01909 506418

### Counselling / Mental Health

Specialist Sexual Health Counsellor, NUH Sexual Health Services 0115 9627627

CALM [www.thecalmzone.net/](http://www.thecalmzone.net/)

THT Jose Perez de la Cruz 0115 882 0121

### Drug & Alcohol Advice (including harm reduction)

Over 18s      City residents      Chill Out Sound Support 07891 514 257

Health Shop 0115 9055 001

Nottingham Recovery Network 0800 066 5362

CGL 0115 896 0798

Young People      County residents      Journey Young Person's Drug and Alcohol Service 0115 948 4314

City residents

[journey@CGL.org.uk](mailto:journey@CGL.org.uk)

County residents

Notts young people's substance misuse service

(part of CAMHS Head-to-Head) 0115 9560842

[camhs.h2hteam@nottshc.nhs.uk](mailto:camhs.h2hteam@nottshc.nhs.uk)

### PEP

Local Emergency Department (out of hours)

Kingsmill, The Hub 01623 672260

Nottingham Sexual Health Service 0115 9627 627

TriHealth, Bassetlaw Sexual Health Service 01909 506418

### PrEP

Nottingham Sexual Health Service 0115 9627 627

[www.iwantprepnw.co.uk](http://www.iwantprepnw.co.uk)

[www.prepster.info](http://www.prepster.info)

### Rape & sexual assault advice, info & support

GALOP 020 7704 2040 [www.galop.org](http://www.galop.org)

Nottinghamshire Sexual Violence Support Services [www.nottssvss.org.uk](http://www.nottssvss.org.uk) 0115 8445024

Survivors [www.survivorsuk.org](http://www.survivorsuk.org)

Topaz Centre [www.topazcentre.org.uk](http://www.topazcentre.org.uk) 0845 600 1588 (24 hour) 0115 8445024 (Monday – Friday)

Victim Support [www.victimsupport.org.uk](http://www.victimsupport.org.uk) 08 08 16 89 111

### Slamming equipment / needle exchange

City residents      Health Shop 0115 9055 001

County residents      CGL and pharmacy needle exchange

### Vaccinations (Hepatitis A and B)

Health Shop 0115 9055 001

Kingsmill, The Hub 01623 672260

Nottingham Sexual Health Service 0115 9627 627 Hep A vaccinations coming soon

TriHealth, Bassetlaw Sexual Health Service 01909 506418

### Websites

Gay Men Fighting Aids [www.gmfa.org](http://www.gmfa.org) Lifestyle, drugs and sexual health information.

Men r us [www.menrus.co.uk](http://www.menrus.co.uk) A health and wellbeing website for MSM with lots of articles and links to services.

National AIDS Trust [www.nat.org.uk](http://www.nat.org.uk) All the latest advice and information about HIV.

Safer Chemsex in a box: PIP PAC [www.pippac.co.uk](http://www.pippac.co.uk) Slamming equipment, condoms, lube and other bits for a safer chemsex session. Produced at a minimal cost by volunteers.

SXT [www.sxt.org.uk](http://www.sxt.org.uk) Site that helps you find the nearest, most appropriate sexual health service for you.