



USEFUL NUMBERS

NHS 24	08454 24 24 24
Square 13 (Contraceptive Service)	01224 642711
GU Medicine Clinic (Sexually Transmitted Diseases)	01224 555 555
Drugs Action Help line	01224 594700
Samaritans	01224 574488
Gay Switchboard	01224 212600
Alcohol Advisory & Counselling Service	01224 573887
Rape and Sexual Abuse North East	01224 620772