

SHEOS Team

The **1:1 team** supports young people through tailored sessions to build knowledge, confidence and understanding of relationships and sexual health. We help empower informed choices about well being and provide support in accessing appropriate clinical sexual health services.

WE CAN SUPPORT WITH

- Healthy relationships
- Consent
- Contraception & STI's
- Support with travel to appointments across Dorset
- Confidential advice & emotional support
- Support with accessing other services
- Online support, including pornography.

WHAT YOU CAN EXPECT

-  Confidential
-  Friendly
-  Person-centred
-  Non-judgemental
-  Flexible support

HOW TO ACCESS US

- Self referral. You can get in touch directly.
- Professional referral. A professional can refer on your behalf.
- Find out more sexualhealthdorset.org

Scan here for
more info



FOR EMAIL ENQUIRIES:
dhc.sexualhealth.promotion@nhs.net



CALL:
0300 303 1948
and ask for SHEOS team



COVERING ALL OF DORSET
We can support you wherever you are.