

## Sexual Health Week

'Are you feeling it?'

9<sup>th</sup>-15<sup>th</sup> September 2024



Sexual Health Week is an annual campaign dedicated to raising awareness about sexual health and well-being.

This year Sexual Health Week focuses on emotional well-being in sexual relationships and the importance of understanding our feelings.

It is important to recognise that physical and emotional wellbeing are inseparable, and with mental health in decline and sexually transmitted infections (STIs) on the rise, it's more important than ever to talk about how the two intersect.

[www.brook.org.uk/shw/](http://www.brook.org.uk/shw/)

### Useful Websites

[Turning Point | Local Service \(turning-point.co.uk\)](http://turning-point.co.uk)

Young Hounslow Sexual Health

[www.brook.org.uk](http://www.brook.org.uk)

[www.chelwest.nhs.uk/services/hiv-sexual-health/clinics/sexual-health-hounslow](http://www.chelwest.nhs.uk/services/hiv-sexual-health/clinics/sexual-health-hounslow)

[www.healthforteens.co.uk/sexual-health](http://www.healthforteens.co.uk/sexual-health)

[www.nhs.uk/live-well/sexual-health/](http://www.nhs.uk/live-well/sexual-health/)



Young people in Hounslow can text a school nurse for confidential advice and support:

**07507 333176**

Learn more at: [bit.ly/ChatHealthPrivacy](https://bit.ly/ChatHealthPrivacy)