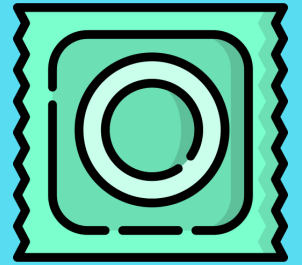


Sexual Health Services During the Covid-19 Pandemic

ACCESSING SAFER SEX SUPPLIES

All of our sexual health centres are able to offer safe delivery or pick-up of supplies such as, condoms, dams, lubricant, and pregnancy tests (contact info below). Other community organizations, like food banks, are also offering supplies. Please contact local organizations to find out more. For those who are able, supplies can also be ordered from Venus Envy (HRM delivery, outside HRM order through VE Ottawa): venusenvy.ca



STI TESTING



The STI Clinic at the Victoria General Hospital is CLOSED. If you have a family doctor please contact them for information on what testing is available. For those looking for treatment and testing due to direct contact with a confirmed positive case (HIV, syphilis, gonorrhea and chlamydia), you can contact HSHC (Halifax Sexual Health Centre - contact info below). General asymptomatic screenings will not be done currently due to reduced capacity.

PREGNANCY SUPPORT AND ABORTION CARE

All of our sexual health centres are available for pregnancy options support through online/phone appointments. Emergency contraception can be accessed through HSHC, most family doctors and for purchase at pharmacies. The Nova Scotia Women's Choice Clinic is a surgical abortion and a medical abortion clinic based at the Victoria General site of the QEII Health Sciences Centre in Halifax. Please note, the NS Choice Clinic has been mandated as an essential service and is operating as normal. Provincial abortion self-referral line: 1-833-352-0719

2SLGBTQ1A+ SERVICES

Please see prideHealth's Covid-19 Resource Guide for information on 2SLGBTQ1A+ services across the province: www.nshealth.ca/content/pridehealth



YOUTH SERVICES

All of our sexual health centres are still able to provide support and health services navigation for youth online/by phone (contact info below). In the Annapolis Valley and surrounding areas youth can access services at The Red Door Youth Health & Support Centre, contact for more info: thereddoor.ca

If youth are looking for sexual health information they can check out:

teenhealthsource.com where they can also chat with trained teen volunteers about sexual health questions.

MEDICATIONS

Please contact your family doctor or health practitioner for information about ongoing medications. HSHC is able to book appointments for birth control, PrEP, STI treatments and prescription refills. Pharmacists may be able to fill new prescriptions in some circumstances, please contact your local pharmacy for information.



Sexual Health Centres Information

HALIFAX SEXUAL HEALTH CENTRE

Due to the current pandemic, HSHC will be triaging scheduled clinics for essential appointments. These visits may be rescheduled as either an in-person visit or a tele-visit. Non-essential appointments will be cancelled. We are currently only able to book new essential appointments.

We will not be returning to our regular schedule until at least May 1, but will be reassessing as the situation progresses. Our phone lines will continue to be open. Feel free to give us a call with any questions or concerns at 902-455-9656. We are happy to assess your unique situations.

Safer sex supplies are still available in the waiting room, but we ask that you only come if your need is urgent. DO NOT come to an appointment or come in for supplies, birth control, or safer sex items if you have traveled ANYWHERE within the past 14 days, if you are showing any symptoms of illness, and/or if you have been in contact with anyone who has traveled or are showing symptoms of illness. Please do not bring any support people with you to appointments.

SOUTH SHORE SEXUAL HEALTH

Due to the COVID-19 pandemic, we are restricting our in person services to ensure we aren't part of the spread of this virus. Please call or text for info, or to arrange for pickup of pregnancy tests or condoms, dams, and lube. We will try to meet your needs as best as we can while Nova Scotia is shut down temporarily.

Call or text (902) 527 2868 or email southshoresexualhealth@gmail.com

SHEET HARBOUR SEXUAL HEALTH CENTRE

In an effort to help mitigate the spread of COVID -19 the Sheet Harbour Sexual Health Centre will be temporarily closed. We will still be answering phone, email and facebook messages. Please reach out to us as needed and we will do our best to assist you in these uncertain times.

Phone: (902) 885-3693 Email: sheetharbourshc@hotmail.com Facebook: Sheet Harbour Sexual Health Centre

PICTOU COUNTY SEXUAL HEALTH CENTRE

To ensure the safety of our staff and clients and to minimize the spread the COVID19, we have temporarily closed our office at 279 Foord Street. We will continue to provide services over the phone, through email, and social media during this time. We will also deliver supplies such as free condoms and free pregnancy tests as well as free menstrual supplies to individuals or organizations if requested. We apologize for any inconvenience and thank you for your understanding and solidarity.

Consultation or questions: (902) 754-1138 Supply Delivery: (902) 754-1138 Email: director@pcshc.ca

SEXUAL HEALTH CENTRE FOR CUMBERLAND COUNTY

The Sexual Health Centre for Cumberland County will be closing our drop-in centre, effective immediately due to the pandemic. Staff will be working from home and we'll be checking voicemails and emails regularly. We will remain active on our social media platforms.

You can reach us in the following ways: Call and leave a message at (902) 667-7500 Email at shccc@ns.aliantzinc.ca By messaging us on Facebook and Instagram and don't forget to watch for us on Tik Tok at @sexualhealthmatters

CAPE BRETON CENTRE FOR SEXUAL HEALTH

Due to the Covid-19 pandemic we have temporarily closed our office. We are working from home and are available to drop off supplies on an as-needed basis.

You can reach us by: Calling and leaving a message at (902) 539-5158. E-mail: cbcforsexualhealth@gmail.com Facebook: Cape Breton Centre for Sexual Health

Covid-19 Information

For information on Covid-19 and government measures please see the following resources:

- The Government of NS: novascotia.ca/coronavirus
- The Government of Canada: www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html

Mental health services:

- Community Mental Health & Addictions Services:
<http://www.nshealth.ca/content/community-mental-health-and-addictions-service>
- Mental Health & Addiction Crisis Line: 1-888-429-8167 (toll-free, available 24/7)
- Kids Help Phone: 1-800-668-6868 (toll-free, available 24/7)
- Crisis Text Line: Text HOME to 686868 in Canada to text with a trained Crisis Responder

You can reach Sexual Health Nova Scotia's Provincial
Coordinator Leigh
with any questions:

(902) 492-6900

*Please leave a voicemail message and it will be returned as soon as possible.

provincialcoordinator@shns.ca

shns.ca