

Brook Highland is a **charity**. We work to promote the **sexual health and well-being** of all **young people** under 25, living in Highland, through providing **confidential** clinical services, information, counselling, education and outreach.



## Our services:

- free and confidential **clinical sexual health service** based in Inverness, providing contraception, condoms, sexually transmitted infection testing, pregnancy testing, information and advice
- **visits** to our Inverness centre for individual young people and groups of young people who want to find out more about our services outside of our usual opening hours
- **talks** to groups of young people out in the community about the support we can offer
- **promotional stands** at local community events for young people
- one-to-one motivational and goal focused coaching sessions within our **My Life programme** exploring key health and well-being topics including sexual health, healthy relationships, alcohol and drugs, managing risk and building resilience
- one-to-one **counselling** for young people requiring emotional support around physical, emotional and psychological aspects of sexual health
- **Bitesize** - fun and engaging half day sex and relationships education programme for groups of up to 100 young people exploring key topics including sex and the law, contraception, condom use, sexually transmitted infections, sexuality and relationships
- **All Different, All Beautiful** - engaging 3 day programme for groups of up to 14 young people exploring values, interpersonal skills, confidence and self-esteem within the context of sexual health and relationships
- **training for professionals** e.g. Sexual Behaviours Traffic Light Toolkit, Child Sexual Exploitation e-learning
- resources and comprehensive information available via the national **Brook website**

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