



The Bridge Children and Young People's SARC  
University Hospitals Bristol and Weston NHS Foundation Trust

0117 342 6999 | [www.thebridgecanhelp.org.uk](http://www.thebridgecanhelp.org.uk)



## Some questions you may have

What is sexual health?

Why am I being offered it?

What will happen at an appointment?

What if I don't want to go?

What if I change my mind later?



Scan the QR code to visit the **My healthy journey** resource page for more information and videos

# What I might be offered

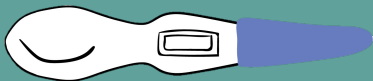


Urine (wee) STI tests

Check of my body (examination)



Pregnancy test



A vaccine

STI swabs

An STI blood test



Medicine (PEPSE)



Other:



# How to prepare for my visit

Where do I feel safe?

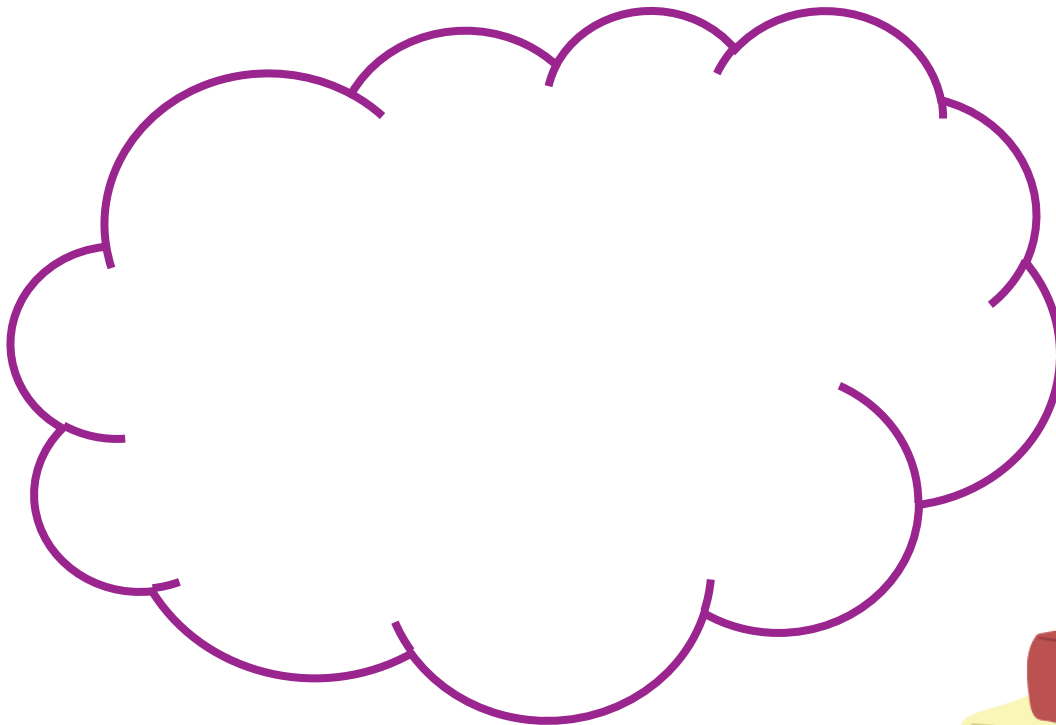
Who can I speak to for advice?

Who do I feel safe with?

**It's my choice.**

What makes me feel safe?

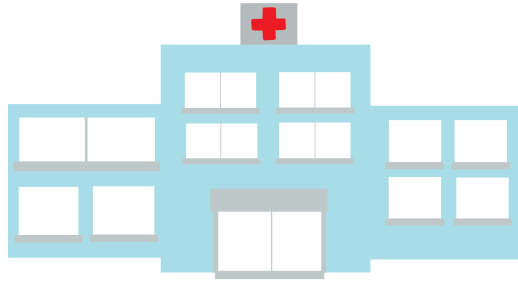
What makes me feel comfortable?



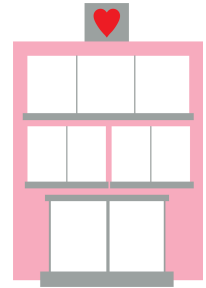
# Where do I want my follow up?



**Your local sexual health clinic**



**Your normal GP**



**Return to The Bridge**

**Your local children's service**

## **Self-test kit**

- At home
- At school
- At another safe place

**I need more time**



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## Who can I speak to for advice?

If you or your parent/carer has a question about your health after you've visited The Bridge

Or

If you want to talk to someone about your planned appointment

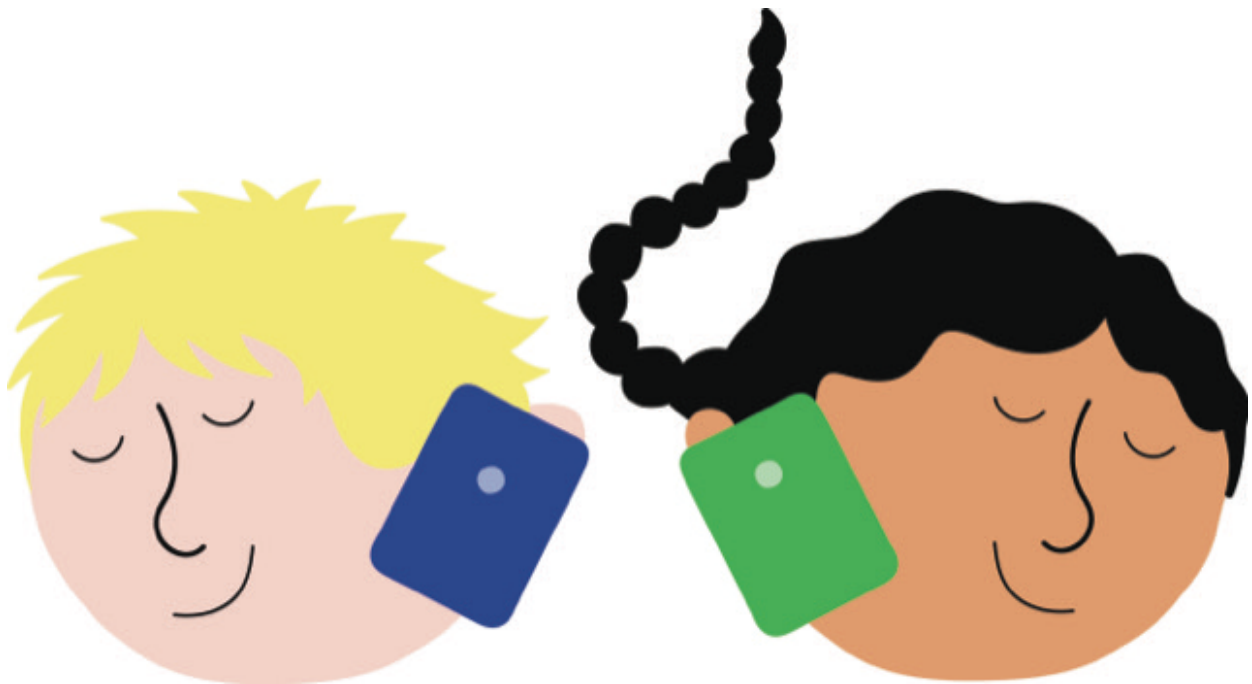
You can use our special health advice number:

**07464 923172** - you can call or text us.

You will get an answer in **3-5 days**.

You can also call The Bridge on **0117 342 6999**, 24/7, 365 days a year or email The Bridge at

**TheBridge@UHBW.nhs.uk** and a crisis worker will respond or ask one of our specialist doctors or nurses to get back to you.



# Mindfulness colouring



If you need to take a break from reading, have a go at this mindfulness colouring, taken from The Bridge's self-help guide



## What next?

What am I going to do when I leave The Bridge today?

Do I have any more things to do today?

What about something to eat?

What activity would make me feel calm and relaxed?



You may feel like not doing much after your visit to The Bridge ... that's ok too





# What about how I'm feeling?



Proud of myself

Empowered

Worried

Tired



Where can I get support for my emotions?

What can The Bridge offer me?

Who would I like to speak to?

Other resources



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# I would like referrals to...

## Sexual health follow-up

This is a summary for your doctor / nurse  
Please feel free to share it with them if you would like

<b>Where?</b>	
<b>When?</b>	
<b>STI swabs and urine</b> Needed after	Urine NAAT <input type="checkbox"/> Vulvovaginal NAAT <input type="checkbox"/> Perianal NAAT <input type="checkbox"/> Throat NAAT <input type="checkbox"/>
<b>STI Blood tests</b> Needed after	HIV <input type="checkbox"/> Syphilis <input type="checkbox"/> Hep B <input type="checkbox"/> Hep C <input type="checkbox"/>
<b>Pregnancy test</b> Needed after	Yes <input type="checkbox"/> Not recommended <input type="checkbox"/>
<b>Hepatitis B vaccination</b> Start by	Not recommended <input type="checkbox"/> Super accelerated <input type="checkbox"/> Accelerated <input type="checkbox"/> Standard <input type="checkbox"/>
<b>PEPSE review</b> Needed after	Yes <input type="checkbox"/> Not recommended <input type="checkbox"/>
<b>Physical examination</b>	Not recommended <input type="checkbox"/> Recommended for <input type="checkbox"/> :
<b>Other SH services</b>	Contraception discussion <input type="checkbox"/> Menstrual health discussion <input type="checkbox"/> Condoms <input type="checkbox"/> Safe sex and relationships advice <input type="checkbox"/> PrEP discussion <input type="checkbox"/> PEP advice <input type="checkbox"/> HPV vaccine <input type="checkbox"/>
<b>Please see the next page for important information about me</b>	



## My other referrals

CYPSVA / ISVA	Safe Link (Avon & Somerset) <input type="checkbox"/> GRASAC (Gloucestershire) <input type="checkbox"/> Splitz (Wiltshire) <input type="checkbox"/> Other <input type="checkbox"/> _____  Please scan the QR code to visit their websites
Therapeutic support	
Other	
Additional information	

## All about me

My preferred name	
My preferred pronoun	
Things I want people to know about me	



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This passport was made in close collaboration with A, L, and Z from The Green House Young People's VOICE Group

Thank you to our Art Psychotherapist, Maisie-Jo Clifford, for the wonderful illustrations used in this passport

**Contributors**

R Adams  
M Cutland  
H Wide  
H Barraclough  
E Fuller  
S Spratt  
J Meyrick  
A Avery

**The Bridge SARC**  
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