

WOMEN'S HEALTH

Useful links and resources

Who can I talk to about women's health?

In Southampton, you can **contact your GP surgery** for advice on any women's health issue.

You can sometimes **refer yourself** to the appropriate service (eg. maternity, talking therapies, sexual health) if you prefer.

You can also talk to your **pharmacy** about contraception and UTIs.

You will receive invitations for breast and cervical screening when you are eligible. **Cervical screening** is done at your GP surgery. **Breast screening** is done at the hospital or a mobile unit.

If you think you are eligible for screening but have not received an invitation you should contact your GP surgery.

Local information

- ➡ Self-refer to **maternity** services
- ➡ Self-refer to **sexual health** services
- ➡ Self-refer to **Talking Therapies**
- ➡ Find a local pharmacy for **contraception** and **UTI treatment**
- ➡ Best Start **Family Hubs** in Southampton
- ➡ **Sexual assault** referral centre
- ➡ Southampton and Salisbury **breast screening service**



Health information and support

- ➔ **Breast screening**
- ➔ **Cervical screening** (smear tests)
- ➔ **Patient information leaflets** (Royal College of Obstetrics and Gynaecology)
- ➔ **Pelvic health** information
- ➔ **Endometriosis** South Coast charity
- ➔ **Period information hub** (Wellbeing of Women charity)
- ➔ **Period symptom checker** (Wellbeing of Women charity)
- ➔ **NHS Women's Health** website

Useful articles

- ➔ **Preparing for a GP appointment** (Wellbeing of Women charity)
- ➔ **What to do if you feel dismissed** (Wellbeing of Women charity)
- ➔ **Advice for your gynaecology appointment** (The Eve Appeal)