

Many people feel nervous about coming to a Sexual Health Clinic.

We want you to know that everything that happens at your appointment is confidential.

*We are here to help you.
Please feel free to ask any questions.*

Our service is free if you are eligible for free or subsidised Healthcare in New Zealand.

Non-residents can also access the service for STI testing and treatment free of charge.

Ask your local clinic if you will be charged.

What we have to offer:

- Diagnosis and Treatment of STIs
- Telehealth appointments
- Condoms
- HIV testing and counselling
- Contact tracing and advice
- Advice on Sexual Dysfunction
- Emergency Contraception (Morning after pill)
- Assistance with genital skin problems
- HPV vaccination for under 27 year olds
- Contraceptive Advice
- PrEP
- Liquid Nitrogen Treatment
- Sexual Harm/assault care
- Unwanted pregnancy advice/referral.

How do I know if I have an STI?

Sexually Transmitted Infections (STIs) are very common and may have few or no symptoms.

1 in 2 sexually active people will get an STI by the age of 25. Most will not know.

You may have some of these symptoms:

- Discharge from penis or vagina
- Bleeding during or after sex
- Pain or burning when passing urine (peeing)
- Pain in the lower abdomen (tummy)
- Sores or ulcers
- Lumps or swelling in the genital region.

*Healthy
living and
loving*

In order to promote equity in our community, we particularly welcome the following groups to our service:

- Adolescents & young adults
- Men who have sex with men
- Sex industry workers and their clients
- Unwaged people
- Maori and Pacific Island people.



You do not need a referral. You can make an appointment directly with the clinics below:

Dunedin:

Ph: 0800 74 25 46 opt 1
E: sexualhealth@southernhnb.govt.nz
Mon: 09.00 – 18.30
Tue – Fri: 09.00 – 16.30

Invercargill:

Phone: 0800 74 25 46 opt 2
Mon: 10.00 – 18.00
Tue – Fri: 08.30 – 16.30

Contact Us:

southernhealth.nz
contactus@southernhnb.govt.nz
03 474 0999

Southern Sexual Health

A confidential, non-judgemental, quality service for people of all ages, cultures, genders, and sexual orientations.

