



# Did you know we offer long acting reversible contraception?

This is contraception that doesn't rely on you remembering to take it. It is highly effective at preventing pregnancy.

Free,  
confidential  
and non-  
judgemental

Watch a film online to find out more  
and book an appointment

[www.sexualhealth.cnwl.nhs.uk](http://www.sexualhealth.cnwl.nhs.uk)