

Leeds, Grenville & Lanark District Health Unit

MEDIA RELEASE

Jan 20, 2015



New Location for Sexual Health Clinic in Carleton Place

The Leeds, Grenville and Lanark District Health Unit opened a sexual health clinic location in Carleton Place last year. The clinic is still being held in the former Carambeck School but has **changed the location** in response to growing needs in the community. Anyone interested in accessing CLINIC services are now asked **to enter through the main entrance at 351 Bridge Street**. Every Thursday from 11am - 3:30pm, this confidential drop in clinic will offer a variety of services including: STI testing and free treatment, Plan B, Pregnancy tests, Birth control and condoms.

Trained Public Health Nurses provide professional, non-judgmental services to people of all ages, genders and sexual orientations. Nurses spend time listening to each client talking about risks of sexual activity and working together to develop a plan to stay healthy. Other CLINIC services include: counseling about birth control options (including abstinence); providing low-cost birth control, condoms and emergency contraception (Plan B); free pregnancy testing, counseling and referrals and free STI testing and treatment.

Health Units across Ontario are reporting increasingly higher rates of Chlamydia infections – especially in youth between the ages of 15-29. The story is no different in Leeds, Grenville and Lanark. Chlamydia is an STI that often has no symptoms, which is one of the reasons why infection rates are on the rise. Without proper treatment, Chlamydia can lead to severe infection of the reproductive organs and possibly infertility. Testing is easy. It's a simple urine test and can be done at your health care provider's office or at any of the Health Unit's CLINICs. Treatment at the CLINIC is free and now closer and easier to access for those living in Carleton Place and Beckwith.

"Increasing accessibility to our services is a continued commitment for the Health Unit to help us reach clients for whom transportation is a barrier," says Susan LaBrie, Public Health Nurse with the Health Unit.

There are also clinics available in Almonte, Perth, Smiths Falls, Kemptville, Brockville and Gananoque. Visit <http://www.healthunit.org/clinics/> for more information about clinic times, locations and the free/low-cost services available. You can also Like the Health Unit on Facebook for important updates. You can now follow @areyousafe on twitter to get reliable sexual health information. If you do not have access to the internet or a computer, call the Health ACTION Line at 1-800-660-5853 or 613-345-5685 to speak with a Public Health Nurse.

-30-

Contact: Susan LaBrie, Public Health Nurse, 613-256-1203
Or Susan Healey, Communications Co-ordinator, 613-802-0550 or 1-800-660-5853