

**#Life
Hacks**

Free and Confidential Sexual Health Services for Young People in Counties Manukau

Reproductive health

Contraceptives

Pregnancy testing

Condoms

East Health

Free visits for under 22 year olds
– no enrolment needed

Visit the East Health PHO website for a list of practices:



<http://www.easthealth.co.nz/about/locate/>

Then contact the practice to arrange the appointment

Auckland Sexual Health - Mangere

Free sexual health services to New Zealand Residents of all ages

12 Waddon Place, Mangere
(next to Mangere Health Centre)
Call 0800 739432 for appointments

Family Planning

Free visits for under 22 year olds - no enrolment needed

\$5 for those aged 22 years and over, with Community Services Card

\$32 for those aged 22 and over, with no Community Services Card

Trust Arcade
169 Great South Rd
Papakura
(09) 298 4608
Appointments Available:
Tues: 8.30am - 4.30pm
Thurs: 8.30am - 5pm

Level 3 Westfield Shopping Centre

Manukau City
(09) 263 7600

Drop in:

Mon: 9am - 4.30pm

Thur: 10am - 1.30pm

Sat: 11am - 12.30pm

Appointments Available:

Mon: 9am - 5pm

Tues, Wed, Fri: 8.30am - 5pm

Thur: 8.30am - 6.30pm

Sat: 9am - 1

Highland Park Community House, 47 Aviemore Dr
Howick

(09) 263 7600

Drop in:

Wed: 1.30pm - 4.45pm

East Tamaki Healthcare

Free sexual health services (including jabelle's) for patients under 24 years of age who are enrolled with East Tamaki Healthcare - visit the website for a list of clinics

<http://www.ethc.co.nz/3/ethc-clinics>



Referral for sexual abuse or assault services

Safe sex education and advice

Sexually transmitted infection testing; treatment; contact tracing

Sexuality, gender, and transgender support

Please note prices change; this information is accurate as of July 2017

Please send feedback to:
cmdhbyouthhealthinterns@gmail.com