

Sexual Health Services during COVID-19

During the Coronavirus lockdown period the Umbrella Sexual Health Service delivered by University Hospitals Birmingham is still available for Birmingham & Solihull residents.

General Sexual Health Information

Although most Umbrella clinics are shut due to coronavirus and aren't seeing walk in patients right now, you can still get sexual health information and advice online [here](#).

If you have symptoms of an STI or have any sexual health concerns you can talk to somebody and get help by calling 0121 237 5700 (9:00-16:30 Mon Fri)

Routine & Emergency Contraception

If you need emergency or routine contraception you can still get this free from your GP or local pharmacy – phone ahead first to ask.

Alternatively call Umbrella on 0121 237 5700 (9:00-16:30 Mon –Fri) for advice about what to do.

If you have had unprotected sex within the last three to five days and are thinking about emergency contraception, please visit the [emergency contraception page](#) to understand your options.

Sexually Transmitted Infections (STIs)

If you're worried about STIs you can get tested at home for free for chlamydia, gonorrhoea, HIV and syphilis. Order your free testing kit [here](#).