



Sexual Wellbeing

Resources Pack for 2023



sexualwellbeing.ie



Sexual Wellbeing resources

The HSE Sexual Health and Crisis Pregnancy Programme (SHCPP) has a number of resources which are relevant for students and young people.

If you are a Welfare Officer, Student Health Nurse or Health Promotion Officer you will find direct links to print or order Sexual Wellbeing resources for your third level campus.

These might be useful ahead of any planned SHAG week activities, student health weeks or for notice boards or public areas year round.



What's in this pack

1. Free condoms and lube available from the HSE National Condom Distribution Service (NCDS)
2. About HealthPromotion.ie
3. Order condom promotion posters
4. Order free home STI testing posters and business cards with QR codes
5. Order free contraception posters
6. Order free My Options leaflets and posters
7. Order sexual wellbeing guides and leaflets
8. Sexual Wellbeing social media accounts and Social Content



1. Free condoms and lube

The National Condom Distribution Service (NCDS) distributes free condoms and lubricant sachets to third level institutions.

You may see HSE condom dispensers around your campus. Remember its important to keep the dispensers maintained so students have access to free condoms.

Visit [this page](#) to complete an application form and order your free supply of condoms if you are not registered with this service.





2. HealthPromotion.ie

The HSE produce and distribute a wide range of health related resources, including sexual health posters and guides. These are all available to order on **HealthPromotion.ie**

If you have not used HealthPromotion.ie in the past, you will need to set up an account. Simply complete a short sign up form [on this page](#).

- Once you have signed in, use the search function to browse through all resources available. To order a resource, input the quantity you need, and click “Add to basket”.
- Once you are ready to place an order click the basket icon to confirm and complete your delivery details.

Sign Up

First name:

Last name:

Email:

Password:

Repeat Password:

Search for publications

Search by topic

Sexual Health


Search by keyword

testing



[reset filter](#)

Your search returned 4 results of 4

 [Your basket \(1\)](#)

HSE National home STI Testing Service - A3 Poster

A3 Poster National home STI Testing Service



3. Condom promotion posters

Condom promotion posters are available to order on HealthPromotion.ie by searching topic [Sexual Health] and keyword [Condom]



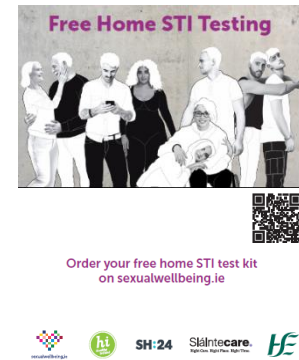
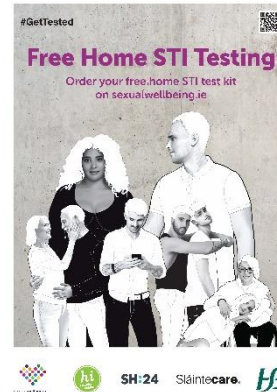


4. Free Home STI Testing posters and business cards

Free home STI test kits are available to order from [Sexualwellbeing.ie](https://sexualwellbeing.ie). This service is now available nationwide.

Posters and business cards to promote this free service are available to order on HealthPromotion.ie.

Search by topic [Sexual Health] and keyword [STI testing]





5. Free contraception posters

Prescription contraception and emergency contraception is available for free for 17 to 26 year olds.

It is available for women and people with a uterus within this age range.

Posters advertising the free contraception services are available to order on HealthPromotion.ie

Search by topic [Sexual Health] and keyword [Contraception]





6. My Options posters and leaflets

My Options is a HSE service that offers confidential counselling and information if you're experiencing an unplanned pregnancy.

Visit [myoptions.ie](https://www.myoptions.ie) for more information.

My Options leaflets are available to download now or to order directly from [HealthPromotion.ie](https://www.healthpromotion.ie)

The leaflets are available in 16 languages.

Search by topic [Sexual Health] and keyword [My Options]

My Options
www.myoptions.ie

Unplanned Pregnancy?

Freephone
1800 828 010
Monday to Friday 9am to 8pm
Saturday 10am to 2pm
or visit [myoptions.ie](https://www.myoptions.ie)

My Options is a HSE service that provides confidential information and support if you are experiencing an unplanned pregnancy.

Professional, experienced counsellors can talk to you about all your options, including continued pregnancy supports and abortion services.



7. Sexual health guides and leaflets

[HealthPromotion.ie](https://www.healthpromotion.ie) also has lots of guides available to order such as 'What you need to know about Contraception' and the 'STI booklet'. Both guides are available in several languages.

Browse through the range of resources available to download or order on [HealthPromotion.ie](https://www.healthpromotion.ie) by searching the topic: "Sexual Health"





8. Social media

Messaging about sexual wellbeing topics is regularly delivered through Sexual Wellbeing's social media platforms.

Feel free to share this content Twitter, Facebook, Instagram and Tiktok.

Tag the Sexual Wellbeing social media accounts and use a hashtag such as **#SexualWellbeing** so that we can share and like your post.

You can find Sexual Wellbeing on the following platforms:

Twitter: [@_respectprotect](https://twitter.com/respectprotect)

Facebook: [@Sexual Wellbeing](https://www.facebook.com/SexualWellbeing)

Instagram: [@hserespectprotect](https://www.instagram.com/hserespectprotect)

Tiktok: [@sexualwellbeing.ie](https://www.tiktok.com/@sexualwellbeing.ie)

Website: sexualwellbeing.ie





HSE Sexual Wellbeing campaign contacts

If you have any questions about accessing resources or would like support for future sexual health and wellbeing activity, here are some relevant contacts:

- HSE Sexual Health & Crisis Pregnancy Programme, Communications Lead: Anita Ghafoor-Butt anita.butt@hse.ie 087 350 1587.
- HSE Communications Division, Campaign Manager: Muireann Kirby muireann.kirby@hse.ie 087 749 9683.