

## **Sexual Health Services Offered in Huntsville By the Simcoe Muskoka District Health Unit**

**All our services are private and confidential.  
We listen – we don't judge.**

### **At Huntsville High School:**

Karla Stewart, a Public Health Nurse in the Sexual Health Program is at Huntsville High School **most Wednesdays**. She can provide the following sexual health services in the school:

#### **Birth control:**

- Free condoms
- Education and answering questions about birth control methods
- Low cost hormonal birth control (the pill, patch or ring)
- Plan B emergency contraception

#### **Sexually Transmitted Infections (STI's):**

- Free condoms
- Education and answering questions about STI's
- Urine testing for chlamydia and gonorrhea

#### **Pregnancy:**

- Pregnancy testing
- Counselling about options
- Referral to appropriate health care or services

#### **Sexuality Counselling:**

- Relationships and decision-making
- Sexual orientation and gender identity
- Referrals for sexual assault or abuse issues

**Consultation/Advice on School Projects** related to sexual health.

### **To see Karla at the school:**

- Put your name on a slip of paper and put it in the locked box at the back of the Student Services Office. The next time she is in, she will have you called out of class either to Guidance or to the main office, where you will be redirected to her office on the third floor OR
- Call her at 705-789-8813 extension 7192. If she is not in, leave a detailed message on her confidential voicemail letting her know you would like to be seen at the school OR
- Call her cell phone at 705-380-0767 OR
- Watch for the signs in the main hall and on the third floor that say when she is in, and drop in to her office, room 336.

### **At the Sexual Health Clinic:**

The Sexual Health Clinic is located in “the Pink House” at 34 Chaffey Street. In addition to offering the same services as at the school, appointments can be booked with the Nurse Practitioner for full STI testing, assessment of symptoms and treatment of STI’s.

### **By Phone (1-877-721-7520, extension 8376):**

The Sexual Health Phone Line is available Monday to Friday, 8:30 am to 4:30 pm to book an appointment or to speak privately and confidentially to a nurse.

### **On the Web:**

- [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org) (general website)
- [www.thephakz.ca](http://www.thephakz.ca) (youth website)

### **For Teachers**

In addition to the above services, Karla is available to teachers for:

- consultation on curriculum resources related to sexual health
- class tours of the Sexual Health Clinic
- brief classroom presentations on sexual health services
- consultation regarding students with sexual health concerns
- accepting teacher referral of students for consultation (at the student’s request or with the student’s knowledge and permission)
- support to the GSA

Karla can be reached by phone at 705-789-8813 extension 7192, by cell phone at 705-380-0767, by email at [karla.stewart@smdhu.org](mailto:karla.stewart@smdhu.org). or by putting a note in the locked box at the back of the Student Services Office.