

## **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:**

*Tina Lesk*, a Public Health Nurse in the Sexual Health Program is at Huntsville High School **most Wednesdays from 9:30am-12:30pm**. 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)
- Low cost emergency contraception (Plan B or Ella)

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

- Free condoms
- Education and answering questions about STI's
- Urine testing and throat swabs for chlamydia and gonorrhea
- Free treatment for those who test positive for chlamydia or gonorrhea

#### **Pregnancy:**

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

#### **Sexuality Counselling:**

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

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

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

- Book an appointment at the Guidance office. The next time she is in, she will have you called out of class to Guidance office, where you will be redirected to her office on the third floor OR
- Call her at 1-877-721-7520 extension 7527. 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.

