

Take the time to talk about contraception and sexual health.
It's your health and your choice.

**BE
PROUD
OF
YOUR
CHOICES.**

Chat to your School Nurse
Contact your local GP or health service
Visit 1800myoptions.org.au or call 1800 696 784



Department of Rural Health
Centre for Excellence in Rural Sexual
Health

1800
my options

1800 696 784

For information about contraception,
pregnancy options and sexual health.