



BLIND DATE?

BLIND DRUNK?

BLIND PANIC?

How do you feel about your alcohol use?
We're here to help – no judgement or lectures.

FRIDAY/MONDAY
www.tht.org.uk/frimonalcohol



Terrence
HIGGINS
TRUST
♥

SEX AND ALCOHOL

Alcohol affects people's judgement. It can lead to taking sexual risks that you normally wouldn't that can result in passing on sexually transmitted infections and HIV. For more information visit: www.tht.org.uk/drugalcohol

BIG NIGHT OUT PLANNED? STAY FOCUSED ON YOUR SEXUAL HEALTH

- Ensure you have condoms and water-based lube. Regularly check the condom remains intact and put a fresh one on every half hour.
- A person with HIV who is taking treatment and has an undetectable viral load cannot pass on HIV.
- Pre-exposure prophylaxis (PrEP) significantly reduces the chances of becoming HIV positive. PrEP is a course of HIV drugs taken by an HIV negative person to lower the chance of infection.
- Post-exposure prophylaxis (PEP) can stop HIV infection after sex without a condom with someone who is infectious. PEP is a month-long course of HIV medication taken by an HIV negative person after exposure to reduce the chance of getting HIV.

To find out the latest information about PEP and PrEP visit www.tht.org.uk/pep

HOW WE CAN HELP

- We offer free and confidential rapid HIV and syphilis testing and can also test for chlamydia and gonorrhoea. For more information visit www.tht.org.uk/brightontest
- We offer one-to-one support around mixing sex and alcohol. Please contact freshstart@tht.org.uk, or call 01273 764 200.
- Visit www.tht.org.uk/frimonalcohol for further information, access to an online support group and online counselling.

Terrence Higgins Trust,
61 Ship Street, Brighton, BN1 1AE

THT DIRECT > 0808 802 1221

