

# Reproductive Health

Your Resources in Your Community

# Have an Itch???

- Stonewall in collaboration with Tapestry Health offers **free** and anonymous STD/HIV testing throughout the academic year.
- Tapestry Health offers anonymous and confidential STD and HIV



testing as well as counseling on a **sliding scale basis**.

- Contact University Health Services for information on confidential testing as well as patient appointments.
- The HPV vaccines as well as Hepatitis A and B vaccine are available at an affordable price at Planned Parenthood.
- Planned Parenthood offers STD/HIV testing as well as counseling for those interested.

# How's the Sex???

## Safe Sex is GOOD Sex

- UHS Pharmacy sells discount condoms and spermicides.
- Depo-Provera, a contraceptive injection, as well as the pill, the patch, and diaphragms are available after an appointment with a UHS physician.
- Tapestry Health offers female condoms as well as the NuvaRing and intrauterine device (IUD) on a sliding scale basis.
- Emergency Contraceptives, such as Plan B, are offered at UHS, Planned Parenthood, and Tapestry Health.



VS.



# Is She Pregnant???

- Pregnancy tests as well as an explanation of your options are offered by Tapestry Health. These services are confidential even for those under 18 years of age.
  - Abortions are also offered at many Planned Parenthood locations
- UHS Pharmacy offers over the counter pregnancy tests at an affordable price.
- You can make an appointment at UHS for confidential pregnancy testing.



# Sexual Assault

- Sexual Assault Nurse Examiner (SANE) Program
  - UHS is a designated SANE site, providing confidential and compassionate services for male, female, and transgender survivors.



- Everywoman's Center offers a 24-hour hotline service that specializes in assisting people who have been assaulted, raped, and are experiencing or have experienced domestic violence and their family and friends.

# 5 Questions to Ask Your Gynecologist!!!

- 1. Should I be tested for sexually transmitted diseases?** It is helpful for your doctor if you are upfront about any “risk-taking sexual activity” which is anything other than abstinence or a long term monogamous relationship.
- 2. What about a different contraceptive?** Just because you have used one contraceptive for a long period of time does not mean it is the best choice for you.
- 3. Do I need a prescription for the “morning-after pill”?**
- 4. What can I do about incontinence?** Incontinence is the urge to urinate even when your bladder is not full; it is experienced by many women from their teens to their 30’s.
- 5. Why are my periods irregular?**



# I'm Healthy...I Get Tested

## Healthy is more than just getting tested

- There is a general misconception that being sexually healthy means being physically healthy or having regular check-ups for Sexually Transmitted Infections (STIs). However, it is much more than that. It also includes the emotional and psychological aspects to health and wellbeing, especially those aspects that relate to relationships and sexuality.
- Sexual Health is:
  - Knowledge and skills about making healthy life choices
  - Ability to enjoy and control sexual behavior, including freedom from guilt, fear, shame, and violation
  - Freedom from diseases and unplanned and unwanted pregnancies
  - Freedom and the right to choose positive expressions of sexuality

# *University Health Services*

University of Massachusetts Amherst  
150 Infirmary Way  
Amherst, MA 01003  
(413)577-5000

Services are offered to those with health insurance. Pharmacy offers products at discounted prices.



# *Tapestry Health*

27 Pray St  
Amherst, MA 01002  
(413)548-9992

Services are offered on a sliding scale basis.



# *Planned Parenthood*

Western Massachusetts Health Center  
3550 Main St, Suite 201  
Springfield, MA 01107  
(800)258-4448

Services offered on a sliding scale basis.



# *Everywoman's Center*

Wilder Hall  
University of Massachusetts Amherst  
221 Stockbridge Road  
Amherst, MA 01003  
(413)545-0883

For victims and survivors of sexual assault and physical violence, a 24  
hour hotline is accessible  
(413)545-0880

