

DO NOT HESITATE!

**HEALTH CENTRES AND HOSPITAL CONTACTS - USLAM
(Alto Minho Local Health Unit).**

<http://www.ulsam.min-saude.pt/category/contactos>

ULSAM (Hospital) – 258 802 100

Viana do Castelo Health Centres:

UCSP VIANA DO CASTELO

Phone number: 258 806 880

AFIFE HEALTH EXTENSION

Phone number: 258 981 345

CARREÇO HEALTH EXTENSION

Phone number: 258 835 831

MEADELA HEALTH EXTENSION

Phone number: 258 828 819

USF-A CUIDARTE

Phone/Fax numbers: 258 808 860 / 258 808 862

UCC VIANA DO CASTELO

Phone number: 258 808 860

LANHESES HEALTH EXTENSION

Phone number: 258 732 528

USF-A TIAGO DE ALMEIDA

Phone number: 258 806 888

USF-A GIL EANES

Phone number: 258 839 200

**ESS
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SEXUALITY AND FAMILY PLANNING

SEXUALITY

Sexuality is the need to receive and express affection and contact. This is the way to relate with others, to communicate, to receive and give emotional and affective support, to love and be loved, to live moments of intimacy.

Sexual health allows you to experience a sexual life responsible, conscious, pleasant and safe, to value life, personal relationships and the identity of the person.

FAMILY PLANNING

To enjoy a satisfactory sexual and safe experience, make an appointment for a Family Planning consultation

- It is free and you **can call us on or go directly to your "Health Center"**.
- You will **access any method of contraception** of your choice.
- You can prevent **sexually transmitted infections (STIs) and unplanned pregnancies.**
- You can **plan your pregnancy.**

PRECONCEPTIONAL COUNSELLING

If you are planning to get pregnant you should make a preconception appointment 3 or 4 months before conceiving.

This appointment will allow you:

- Assess your **physical condition** and make **laboratory tests.**
- **Guidance on healthy lifestyles** that will benefit the development of your child.
- Start **supplement of folic acid, according to the recommendations.**
- Identify **risk factors or potential risks that may affect the pregnancy and harm the baby.**
- Assess the **physical condition** of the father-to-be and have blood tests done.
- Plan and get ready for **motherhood and fatherhood.**
- Know about the **community resources** for health care in pregnancy.

Find this preconception counselling in your "Health Centre" or in your nearest residence area "Health Centre" or even in hospital.

