

IF YOU HAVE DIFFICULTY GETTING AN ERECTION
 Almost everyone has difficulty at some point. It is usually due to being nervous or stressed. You can get help no matter what the cause may be.

Contact student health, a youth clinic, medical centre or a sex and relationships clinic for advice and guidance.

IF YOU HAVE ISSUES WITH PREMATURE EJACULATION
 Are you concerned about ejaculating too soon? Talking with someone can make premature ejaculation disappear or it can help you no longer feel that it is a big problem.

Contact student health, a youth clinic or a sex and relationships clinic for help with this issue.

IF YOU ARE TRYING TO HAVE A BABY
 If you are having trouble becoming pregnant, you and your partner can seek medical help to determine possible causes. In Sweden, opposite-sex couples are entitled to medical help in these situations.

Contact a gynaecology clinic, a women's clinic or a fertility clinic at a hospital for help.

IF YOU DO NOT WANT TO GET PREGNANT
 You can use contraception in order to choose if and when you want to have children. There are many different forms of contraception and you are entitled to free contraceptive advice.

Condoms are the only form of contraception that protect against both unwanted pregnancy and sexually transmitted infections.

Condoms are available at pharmacies, in grocery stores, kiosks, petrol stations and online. You can also get free condoms at youth clinics or a sex and relationships clinic.



IF YOU ARE TRYING TO HAVE A BABY
 If you are having trouble becoming pregnant, you can seek help from medical care to resolve the problem. In Sweden, couples comprising two women, opposite-sex couples, single people and people who have legally changed their sex are entitled to treatment.

Contact a gynaecology clinic, a women's clinic or a fertility clinic at a hospital for an exam or treatment.

IF YOU DO NOT WANT TO GET PREGNANT
 You can use contraception in order to choose if and when you want to have children.

You are entitled to free contraceptive advice. You can find this at, for example, a youth clinic, sex and relationships clinic, midwifery clinic or a gynaecology clinic.



BREAST EXAMS
 Breast cancer is the most common form of cancer in Sweden and therefore, all women between ages 40-74 are called in for regular check-ups to examine the breasts and detect any disease early. The exam, which is called a mammogram, is free and can be done at a medical centre or mammography clinic.

IF YOU ARE PREGNANT
 If you are pregnant and want to give birth, you should contact a midwifery clinic, which offers regular tests and check-ups to make sure both mother and foetus are healthy. There are also childbirth classes you can take to prepare for delivery.



WHEN YOU ARE GOING TO GIVE BIRTH
 Common signs of the beginning of labour are regular pain, or if your water has broken. When it is time to give birth, you should call a midwifery clinic at a hospital. The staff will tell you when it is time to come in.

IF YOU HAVE PAIN AFTER CHILDBIRTH
 If you have pain after childbirth, whether physical or mental, it is important to seek medical care. Contact a midwifery clinic or a sex and relationships clinic.

IF YOU DO NOT WANT TO STAY PREGNANT
 If you are pregnant but do not want to give birth, you have the right to an abortion. If you are considering an abortion, it is recommended to contact a youth clinic, midwifery clinic, women's clinic or an abortion clinic as soon as possible. In Sweden, all women are entitled to free abortion until week 18; then a special reason is required. It is always the pregnant individual who decides whether or not to have an abortion.



IF YOU EXPERIENCE GENITAL ITCHING/BURNING
 If you have itching or burning in your genitals, it is good to get an exam and figure out what is causing the symptoms.

You can go to student health, a youth clinic, medical centre, midwifery clinic, sex and relationships clinic or a gynaecology clinic for help.

IF YOU EXPERIENCE PAIN DURING SEX
 Sex should not hurt, but for many people it does. Pain may have both medical and other causes.

Contact student health, a youth clinic or a medical centre for care. You can also visit a sex and relationships clinic, midwifery clinic or a gynaecology clinic.



TESTING
 If you have sex with other people, it is possible to get a sexually transmitted infection. Many sexually transmitted infections are not felt or seen on the body.

To know if you have a sexually transmitted infection, you need to get tested. This can be done at a youth clinic, medical centre, sex and relationships clinic, midwifery clinic or a gynaecology clinic. If you have a sexually transmitted infection, you can receive free medicine and treatment.



IF YOU HAVE EXPERIENCE WITH GENITAL MUTILATION
 Has someone cut or clipped your genitals? Depending on what procedure you were exposed to, genital mutilation can produce various problems. You can seek medical help for both physical and mental pain. You can go to student health, a youth clinic, sex and relationships clinic or a gynaecology clinic for help.

At Södersjukhuset Hospital in Stockholm, there is an AMEL clinic, which specialises in helping circumcised women and girls. Everyone is welcome there, no matter where in the country you live.

PAP SMEAR
 To detect cervical cancer early, all women in Sweden between ages 23 and 64 are called in for regular pap smears.

Pap smears are usually provided at midwifery clinics and are free.

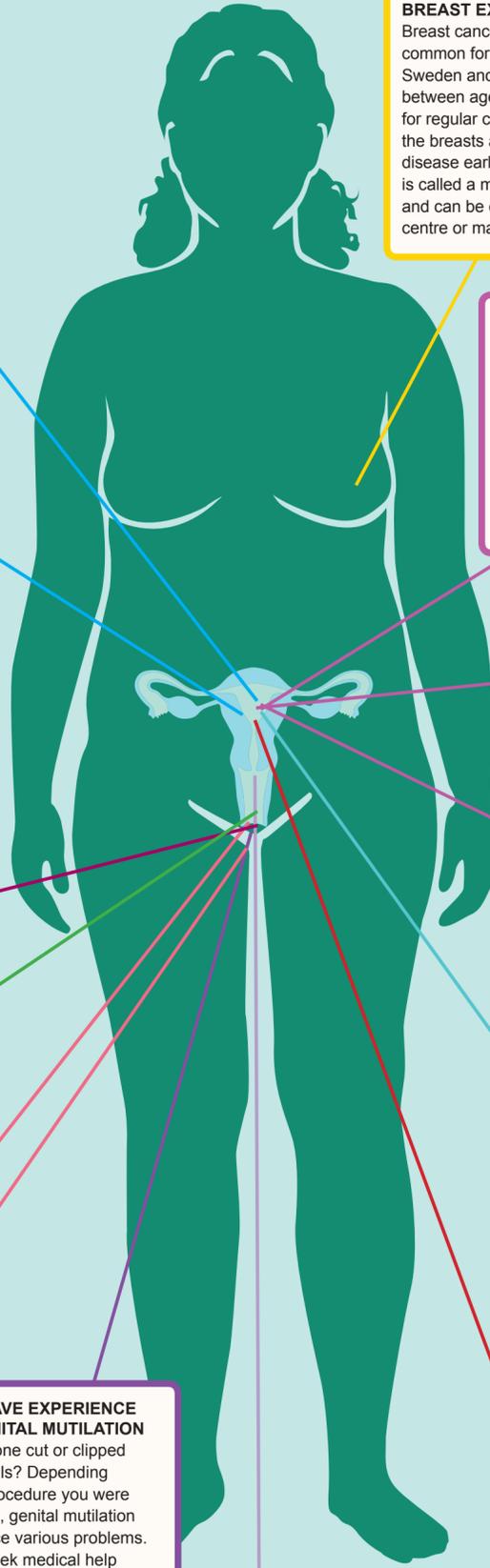
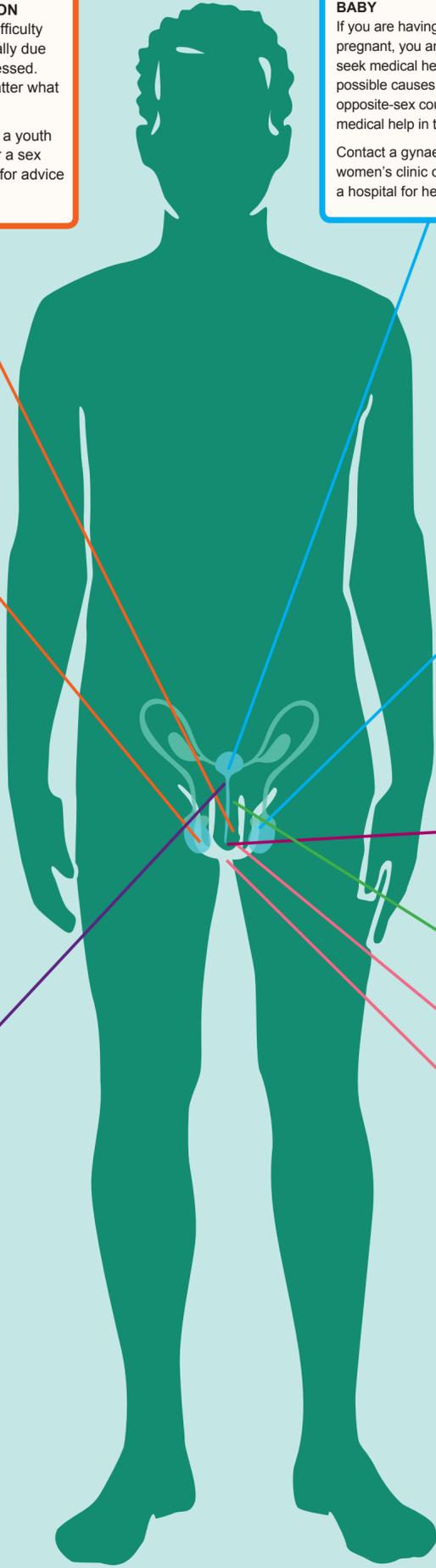
IF YOU HAVE MENSTRUAL ISSUES
 If you experience significant menstrual pain, a heavy flow, or if you feel sad during menstruation, you can visit student health or a youth clinic.

You can also get help at a medical centre, a sex and relationships clinic, midwifery clinic or a gynaecology clinic.



PROSTATE EXAM
 Prostate cancer is a common type of cancer and the risk increases with age.

The prostate is located inside the urethra and a tumour can cause you to urinate more often or to have a weak stream. Contact a medical centre if you think you have prostate cancer and want an exam.



IF YOU ARE THINKING ABOUT YOUR GENDER/GENDER IDENTITY

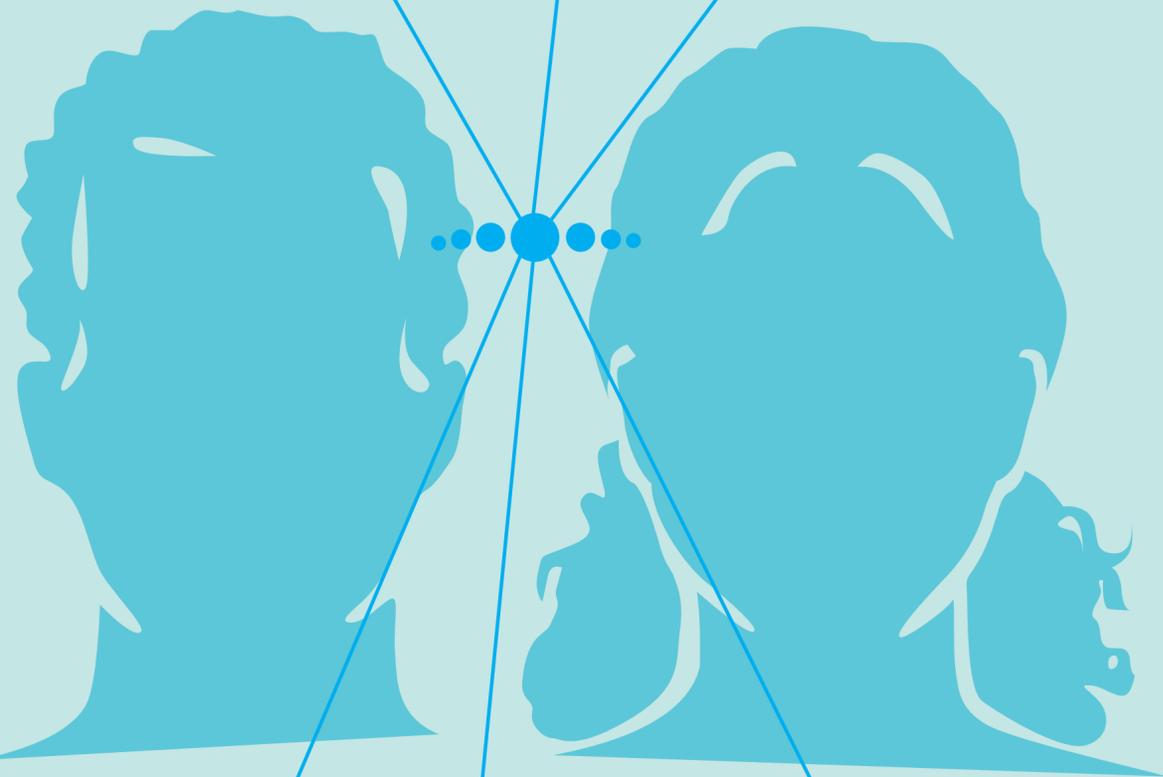
Are you considering whether you are a man or a woman or something else?
In Sweden, you can find medical help and treatment so that your body matches the gender with which you identify.
Contact student health, a youth clinic or a sex and relationships clinic if you want to talk with someone about your gender identity.

IF YOU ARE THINKING ABOUT YOUR SEXUAL ORIENTATION

Do you feel romantically and physically attracted to people of the same gender, or to men and women?
If you want to talk to someone, you can contact student health or a youth clinic. You can also visit a sex and relationships clinic.

IF YOU HAVE EXPERIENCED SEX AGAINST YOUR WILL OR SEXUAL VIOLENCE

Being forced to do something sexual when you do not want to is illegal in Sweden.
If you have had this experience, you can contact an emergency clinic for people who have been raped, a youth clinic or a sex and relationships clinic where you can receive an exam and support.



IF YOU HAVE EXPERIENCED RELATIONSHIPS AGAINST YOUR WILL

Are you afraid of being forced into a marriage or relationship against your will? Organisations such as GAPF, TRIS and VHEK work specifically to help people in these situations and offer tips and advice.
You can also contact student health or a youth clinic.

IF YOU HAVE REDUCED SEXUAL DESIRE

Sexual desire varies for everyone. If you are concerned about your sexual desire, you can find support and talk to someone at student health, a youth clinic, sex and relationships clinic or a medical centre. For men, you can also visit a special men's clinic.

IF YOU HAVE UNWANTED SEXUAL DESIRE

Do you feel worried about your sexual thoughts – for example, do you feel sexual desire for children, have you hurt someone sexually, or are you afraid of doing so?
Contact Preventell.se, a national help line where you can talk to medical staff and find help and support.

Primary care is where you should go first if you have become sick. Primary care consists of medical centres, where there are staff who take care of health issues that are not acute. If you are acutely sick, you should visit an emergency clinic at a hospital instead.

Medical centres are clinics you contact for everything related to health and disease. At a medical centre, you can be examined and receive treatment. If you need another type of care, the doctor can help you further. Medical centres are for everyone, regardless of age, and you can choose which one you want to visit yourself.

Youth clinics are clinics for young people, where you can go from age 12 or 13 until you are between 20 and 25 years old. You can go here if you have questions about your body or want to be tested for sexually transmitted infections, for example.

Student health. From the time you begin school until you finish high school, you can visit student health. Student health clinics are almost always located on school premises. Here, you can find help for various things, from talking about something challenging to getting menstrual protection.

Sex and relationships clinics (SESAM) are open for everyone who has questions about sexuality and health. These clinics provide advice and talk therapy, contraceptive samples, tests for sexually transmitted infections and conduct exams. Visit 1177.se to find your nearest clinic.

Confidentiality. Everyone who works in the medical field is bound by confidentiality. This means they may not tell anyone that you were there and what you did or talked about during your visit.

Interpreter. If you do not speak Swedish, you are entitled to have an interpreter present to understand the information you receive from a doctor or another healthcare professional. Say that you need a language interpreter when booking your appointment. Interpreters are bound by confidentiality.

1177 Care Guide is for anyone who wants advice about medical care and health. If you are uncertain where and when you should seek care, you can call phone number 1177. A nurse will help you and answer your questions. You can also visit the website 1177.se, search for and read about diseases and about what you can do yourself.

rfsu.se is a website where you can find more information about sex, relationships, rights and health. It is part of the Swedish Association for Sexuality Education, RFSU, which is an organisation for sex education and sexual politics.

**How will people know where to find help for their problems?
Use the pictures to help the people below find the right medical care.**

- Maria has really bad symptoms during her period. It hurts a lot and she feels tired. Where can Maria go for help?
- Recently, Khalil has had trouble getting an erection when having sex. He is troubled by this, but he doesn't know what to do. What can Khalil do?
- Samira is 23 and received a letter from a medical centre calling her in for something called a "pap smear". She doesn't know what that is and wonders whether or not she should go. What was Samira called in for?
- Martin has had sex with someone new. They did not use a condom. What should Martin do now?
- Jamie has a lot of thoughts about their gender identity – they don't feel like a guy or a girl, but also do not know who to talk to about this. Where can Jamie go?
- Suado often has genital pain, after being sewn together as a child. She wants to stop having pain and to find help in order to enjoy sex and masturbation more. Where can she go?
- Youssef and his wife want to have a baby. They have been trying for a long time but they still are not pregnant. What can Youssef and his wife do about that?