

## Local contacts & services

Key HIV-related contacts, clinics and support in Nottingham

### If you need urgent help

If you or someone else needs urgent medical help, call **999**.

If you need urgent medical advice but it is not a 999 emergency, contact **NHS 111** online or by phone.

### HIV Clinical Nurse Specialists (CNS)

For questions about your HIV care, treatment, blood results or side effects:

- **Text or call:** 07812 268514
- If there is no answer, leave a message and the team will get back to you.

### HIV specialist pharmacists

For questions about HIV medicines, side effects, missed doses, interactions or over-the-counter remedies:

- **Text or call:** 07595 284922

### GU Medicine / sexual health clinic

For STI checks, sexual health advice, appointments and related care:

- **Phone:** 0300 131 7010

If you are unsure who to contact, it is fine to start with your HIV nurse or clinic team.

### tHrIve Support Group

For peer support, mentoring, group meetings and help finding your way to the right support:

- **Website:** [thrivesupportgroup.co.uk](http://thrivesupportgroup.co.uk)
- **Email:** [support@thrivesupportgroup.co.uk](mailto:support@thrivesupportgroup.co.uk)

tHrIve is run by people living with HIV, for people living with HIV. We offer calm, confidential spaces to talk, connect and find your way forward.

### SH:24 online sexual health

For online sexual health information and home testing where available:

- **Website:** [sh24.org.uk](http://sh24.org.uk)

**What each service can help with****Your HIV clinic or CNS**

- treatment questions
- blood results
- side effects
- referrals to other services
- questions about pregnancy, birth or feeding

**HIV specialist pharmacists**

- medication advice
- missed doses
- interactions with other medicines
- travel and medication planning

**GU Medicine / sexual health clinic**

- STI testing and treatment
- sexual health advice
- clinic appointments

**tHrIve Support Group**

- peer support
- mentoring
- regular meetings
- help finding trusted information
- support when things feel overwhelming or isolating

**Keep this sheet handy**

It can help to save these numbers in your phone or keep this page somewhere easy to find. If you are not sure where to start, contact:

- your **HIV Clinical Nurse Specialist**
- your **clinic team**
- or **tHrIve Support Group**

**Important note**

Phone numbers, services and clinics can change. Always check the latest information from your clinic team or the tHrIve website if you are unsure.