



Did you know



these are free?

The eC-Card App

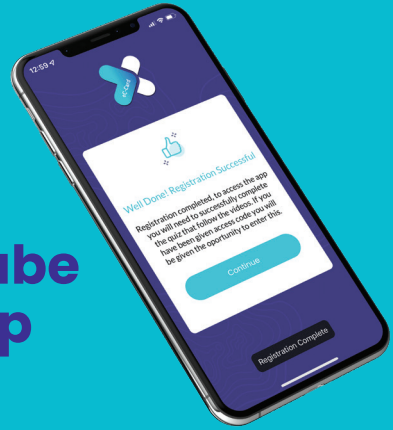
FREE condoms and lube for young people
aged 16-24 across Essex



Find out more here

ec-card.org.uk





FREE condoms and lube with the eC-Card App

It's as easy as 1-2-3

- 1 Download the app from Google Play or the Apple App Store
- 2 View three short videos and complete a simple questionnaire
- 3 Visit one of our convenient pickup points across Essex, scan your unique QR code and discretely collect your FREE condoms and lube

Alternatively, under 16's and those seeking more support can contact our help centre.

The scheme is open to any Essex resident (excluding Southend) aged 16-24.

ESSEX sexual health SERVICE

📞 0300 003 1212 🌐 essexsexualhealthservice.org.uk

THURROCK sexual health SERVICE

📞 0300 303 9970 🌐 thurrocksexualhealthservice.org.uk

*Condoms provided may vary

Find out more here



ec-card.org.uk



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