

Communications toolkit

Oral contraception services available at community pharmacies

11/08/25 V 3

The North East and North Cumbria Integrated Care Board (ICB) has developed the following communications toolkit for pharmacies, GP practices, health partners, local authorities, VCSE sector, universities and higher education colleges to use, and share, on their websites and social media channels to update women on contraceptive pill services now available at local community pharmacies.



Download the digital toolkit here: [Contraceptive pill toolkit](#)

Background

New NHS Pharmacy Contraception Services (PCS)

Women can now get the contraceptive pill, and the **emergency** contraception (morning after) pill, directly from their local pharmacy. There's no need to book an appointment with a GP or visit a sexual health clinic.

Pharmacists can also carry out yearly pill check-ups and offer support with long-term contraception options making it easier for women to look after their reproductive health.

Both services give women more choice and flexibility, when starting or continuing the pill or accessing emergency contraception, and help to free up GP appointments for people who need more complex care.

Your support in raising awareness of contraception services available in local community pharmacies are very much appreciated.

For further help or advice on using the toolkit or if you need support to tailor assets, please contact either: Andrea Jones andrea.jones2@nhs.net or Abbie Mulgrew, abbie.mulgrew@nhs.net

Resources available in this toolkit - [Contraceptive pill toolkit](#)

Website copy	Newsletter article
Social media messaging and visuals	Poster
Digital screen	Pharmacist video
Fold out business card	

Website copy

Get the contraceptive pill, and emergency contraceptive pill, straight from your local pharmacy

Women in the North East and North Cumbria can now get the contraceptive pill and emergency contraceptive pill straight from their local pharmacy, without needing a GP appointment.

The new services offer women more choice about where and how they access contraception.

All community pharmacies offer walk-in appointments, with no need to book in advance, and consultations are carried out in private with a trained pharmacist. Pharmacists can help whether someone is starting the pill for the first time, continuing an existing prescription, or accessing emergency contraception .

A yearly check-up will take place, usually when returning for a next supply of the contraceptive pill and support can also be offered with long-term contraception options, making it easier for women to look after their reproductive health.

The services are free and confidential for everyone, including those under 16. Personal information will not be shared unless there is a serious concern for safety or wellbeing.

Learn more and find your nearest participating pharmacy here:

[Find a pharmacy offering the contraceptive pill](#)

Newsletter copy

Contraceptive pill, and emergency contraceptive pill, now available directly from local pharmacies

Women in the North East and North Cumbria can now get the contraceptive pill and emergency contraceptive (morning after) pill, directly from their local pharmacy, without needing a GP appointment.

Pharmacies can already treat simple urine infections for women, and now they can offer the contraceptive pill and emergency contraceptive (morning after) pill too – whether someone is starting it for the first time, continuing with their regular prescription, or accessing emergency contraception.

The services are free and confidential and offer more choice about where and how to access contraception, making it quicker and more convenient while also helping GP surgeries, and sexual health clinics, by freeing up appointments for those with more complex needs.

For women accessing the contraceptive pill, a short check-up will still be needed once a year, which will take place at the pharmacy when the next supply is collected. If any unusual side effects occur and do not go away, it is important to speak to a pharmacist or GP straight away.

The services are available to all women, including those under 16. Personal details will only be shared with parents or carers if there are serious safety concerns.

Find your nearest pharmacy offering the contraceptive pill here:

[Find a pharmacy offering the contraceptive pill](#)

Social media messaging - please tag us in your social media posts

Facebook - NorthEastandNorthCumbriaNHS

X – @NENC_NHS

Instagram – nenc_nhs

TikTok - @nenc_icb

Linked-In - @north-east-and-north-cumbria-nhs

YouTube - North East and North Cumbria NHS

Oral contraception services - Pharmacy

1. Contraception made easy 🍬

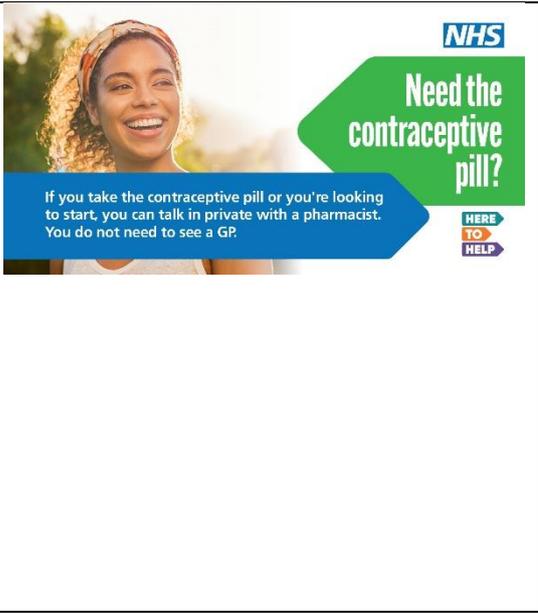
You can now get the contraceptive pill directly from your local pharmacy, no GP appointment needed.

- ➔ Walk in anytime
- ➔ Talk in private with a pharmacist
- ➔ Whether you're already taking the pill or looking to start
- ➔ Free & confidential (even if you're under 16)
- ➔ Get support, check-ups, and advice when you need it

📍 Find your nearest pharmacy at [Find a pharmacy offering the contraceptive pill](#)

#HereToHelp



<p>2. 📍 You can now get the contraceptive pill from a local pharmacy with no GP appointment needed.</p> <p>Speak to your local pharmacist, whether you're looking to start the pill or already taking it.</p> <p>➔ It's free, confidential, and no appointment needed – just walk in.</p> <p>📍 Find your nearest pharmacy at Find a pharmacy offering the contraceptive pill</p> <p>#HereToHelp</p>	 <p>NHS</p> <p>Need the contraceptive pill?</p> <p>If you take the contraceptive pill or you're looking to start, you can talk in private with a pharmacist. You do not need to see a GP.</p> <p>HERE TO HELP</p>
<p>3. Did you know?</p> <p>If you're currently taking the contraceptive pill or looking to start, you can now get it directly from your local pharmacy - no GP appointment needed. 📍</p> <ul style="list-style-type: none"> ✅ Private, walk-in consultations with a trained pharmacist ✅ Free for everyone – including under 16s ✅ Totally confidential <p>📍 Find your nearest pharmacy at Find a pharmacy offering the contraceptive pill</p> <p>#HereToHelp</p>	 <p>NHS</p> <p>Need the contraceptive pill?</p> <p>If you take the contraceptive pill or you're looking to start, you can talk in private with a pharmacist. You do not need to see a GP.</p> <p>HERE TO HELP</p>
<p>4. Head to your pharmacy!</p> <p>Getting the contraceptive pill is now easier than ever.</p> <ul style="list-style-type: none"> ● No appointment needed ● Quick and private advice ● Free and confidential <p>If you're currently taking the contraceptive pill or looking to start, you can now get it directly from your local pharmacy - no GP appointment needed.</p> <p>📍 Find your nearest pharmacy at Find a pharmacy offering the contraceptive pill</p> <p>#HereToHelp</p>	 <p>NHS</p> <p>Need the contraceptive pill?</p> <p>If you take the contraceptive pill or you're looking to start, you can talk in private with a pharmacist. You do not need to see a GP.</p> <p>HERE TO HELP</p>

<p>5. Need oral contraception? 📍</p> <p>Whether you're taking the contraceptive pill or looking to start, you can now get it straight from your local pharmacy - no GP appointment needed.</p> <ul style="list-style-type: none"> ✔ No appointment needed ✔ Quick and easy access ✔ Free and confidential ✔ Yearly check-ups still happen as normal <p>📍 Find your nearest pharmacy at Find a pharmacy offering the contraceptive pill</p> <p>#HereToHelp</p>	
<p>6. 📍 If you're currently taking the contraceptive pill or looking to start, you can now pick it up directly from your local pharmacy — no GP appointment needed.</p> <ul style="list-style-type: none"> ✔ Fast, private consultations ✔ Free ✔ Fully confidential <p>📍 Find your nearest pharmacy at Find a pharmacy offering the contraceptive pill</p> <p>#HereToHelp</p>	
<p>7. Pharmacist Ella Hemsley explains how to get the contraceptive pill straight from your local pharmacy, whether you're already taking it or looking to start.</p> <ul style="list-style-type: none"> ✔ No appointment needed ✔ Quick and easy access ✔ Free and confidential ✔ Yearly check-ups still happen as normal <p>📍 Find your nearest pharmacy at Find a pharmacy offering the contraceptive pill</p> <p>#HereToHelp</p>	<p>20 seconds with subtitles</p> <p>https://youtu.be/wywYrKd2ZYY</p>

<p>7. Pharmacist Ella Hemsley explains how to get the contraceptive pill directly from your local pharmacy, whether you're already taking it or looking to start.</p> <ul style="list-style-type: none"> ✓ No appointment needed ✓ Quick and easy access ✓ Free and confidential ✓ Yearly check-ups still happen as normal <p>📍 Find your nearest pharmacy at Find a pharmacy offering the contraceptive pill</p> <p>#HereToHelp</p>	 <p>19 seconds – silent pointing</p> <p>https://youtu.be/yicsL6sGXrAg</p>
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EMERGENCY contraception services - Pharmacy

<p>1. 📍 Need emergency contraception? You can now get the morning after pill free + fast from your local pharmacy.</p> <p>Quick. Confidential. No GP appointment needed. ❤️</p> <p>📍 Find your nearest pharmacy at Find a pharmacy offering the contraceptive pill</p> <p>#HereToHelp</p>	
<p>2. 📍 The emergency contraception (morning after) pill is now available FREE from community pharmacies — no GP visit required.</p> <p>Your local pharmacist can now offer:</p> <ul style="list-style-type: none"> ✓ Fast, confidential access to the morning after pill ✓ Advice from trained professionals ✓ Support with longer-term contraception options ✓ Help with a wide range of everyday health concerns <p>📍 Find your nearest pharmacy at Find a pharmacy offering the contraceptive pill</p> <p>#HereToHelp</p>	

3. 📍 Pharmacist Ella Hemsley explains how to get the **EMERGENCY** contraceptive (morning after) pill directly from your local pharmacy.

- ✓ No appointment needed
- ✓ Quick and easy access
- ✓ Free and confidential
- ✓ Get support with longer-term contraception options

📍 Find your nearest pharmacy at [Find a pharmacy offering the contraceptive pill](#)

#HereToHelp



19 seconds – silent pointing

https://youtu.be/IB2IXC_ZGa8

Additional assets – oral contraception

Posters		Contraceptive pill toolkit
Business card		Contraceptive pill toolkit
Digital screen		Contraceptive pill toolkit
Pull up banner template		Contraceptive pill toolkit
Press Release		Contraceptive pill toolkit