

Reproductive Bodylore: The Role of Vernacular Knowledge in Women's Contraceptive Decision-Making

Debrief Sheet

Thank you for taking the time to be involved in our research project. Your story is important to us and, along with other people's stories, will contribute to knowledge and understanding about people's contraceptive decision making.

We hope you enjoyed taking part. The interview involved talking about and reflecting on contraception and reproduction. For some people this subject might be upsetting, or it could raise concerns about contraception or reproductive health. If any upset or concerns have been raised for you as a result of telling your story today, in addition to your local family planning clinic and your GP, there are support services and resources available for you to access:

NHS Every Mind Matters

Type of Support: Free confidential support service for anyone feeling anxious or depressed.

Website: <https://www.nhs.uk/oneyou/every-mind-matters/>

Brook Young People's Information Service

Type of Support: Brook provides sexual health and contraception support and advice to young people under 25.

Website: www.brook.org.uk

Webpage on Mental Wellbeing: <https://www.brook.org.uk/topics/health-and-wellbeing/>

BPAS

Type of Support: BPAS provides support to women who have had or are considering an abortion, including postabortion counselling.

Website: <https://www.bpas.org/>

Phone: 03457 30 40 30

BPAS Abortion Support and Advice Page:

<https://www.bpas.org/abortion-care/considering-abortion/advice-and-counselling/>

UCL Contraception Choices

Type of Support: A webpage by University College London providing information to help women weigh up the pros and cons of different forms of contraception.

Website: <https://www.contraceptionchoices.org/>

NHS Contraception Guide:

Website: <https://www.nhs.uk/conditions/contraception/>

NHS Women's Health:

Website: <https://www.nhs.uk/womens-health/>

NHS Periods and Fertility in the Menstrual Cycle:

Website: <https://www.nhs.uk/conditions/periods/fertility-in-the-menstrual-cycle/>

NHS Infertility:

Website: <https://www.nhs.uk/conditions/Infertility/>

Honour Based Violence:

The Halo project: <https://www.haloproject.org.uk/> and **Karma Nirvana:** <https://karmanirvana.org.uk/>