



Guy's and St Thomas'
NHS Foundation Trust

Burrell Street Sexual Health Services

**Need to talk
about sexual
and intimacy
problems?**

This leaflet is designed to make you aware of the specialist sexual health counselling service available at Burrell Street Clinic.

If you have any further questions or concerns, please do not hesitate to contact the nurse or doctor caring for you or speak to one of the health advisers.

Sexual and intimacy difficulties are sometimes identified during a consultation around patients' symptoms or in discussion following a diagnosis of a sexually transmitted infection. The issues may be difficult to talk about with your doctor, so our service offers a confidential place to explore these difficulties a little more.

What does the service provide?

This is a free confidential service, offered by a range of specialist counsellors. Patients of any age or sexual orientation can come to us to talk about their feelings and problems regarding sex and intimacy.

Our counsellors have a range of professional backgrounds, but all have particular experience of working with issues presented within the LGBT community, as well as experience of drug and alcohol dependency issues. Our counsellors also have a background in exploring problems that women face, such as painful sex or menopausal symptoms which may interfere with sex and intimacy.

Following an initial assessment, the sessions with the counsellor are offered on a one-to-one basis.

Counselling appointments usually last for one hour and take place at:

Burrell St Clinic, 3–5 Burrell Street

We are able to offer you a maximum of twelve sessions.

Unfortunately, we are unable to offer counselling in languages other than English.

What sort of problems can the counsellor help with?

We can help with:

- general anxieties around sex and intimacy
- loss of interest in or lack of desire for sex and intimacy
- particular concerns that men who have sex with men may encounter, such as multiple PEP interventions, or lack of self-esteem or isolation
- relationship problems either in an existing relationship or with starting a new one
- an increase in risk-taking behaviour, such as having unprotected sex or changes in drug or alcohol use
- adjusting to change following an HIV diagnosis.

How can I be referred?

Any health professional involved in your care at Burrell Street Clinic can advise you about booking an initial appointment.

How can I contact the service?

For more information or advice about the service, please contact the health advisor team on **020 7188 7707**.

Alternatively, you can email the service at **sexualhealthcounselling@gstt.nhs.uk**

Useful sources of information

Mozaic – Women's Wellbeing Project

t: 020 7188 7710

e: MozaicReferrals2@gstt.nhs.uk

Terrence Higgins Trust

For HIV support and information.

t: THTDIRECT 0808 802 1221

e: tht.org.uk

The Havens

For support following sexual assault.

t: **020 3299 6900** – 24 hours a day,
seven days a week.

e: www.thehavens.org.uk

Relate

For support and advice on relationships.

e: www.relate.org.uk

t: 0300 100 1234

Further information

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS)

e: pals@gstt.nhs.uk

t: 020 7188 3514 (complaints)

e: complaints2@gstt.nhs.uk

Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815

e: languagesupport@gstt.nhs.uk

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

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