



**Central and
North West London**
NHS Foundation Trust

Sexual Health Psychology Service

Information for patients



Wellbeing for life

What can we help with?

Our psychology service specialises in supporting people with concerns about sexual health.

We can help you to understand the reasons you are feeling the way you do and to find a way forward by helping to build your confidence or develop practical strategies to make changes.

Our services can include:

- Adjusting to life with HIV or another sexually transmitted infection (STI)
- Your feelings and psychological health related to HIV or another STI
- Telling someone about HIV or another STI
- Starting, taking, or changing HIV medication
- The effect of HIV or other STIs on your sex life
- Worries about safer sex (with or without alcohol or chems/drugs).

People make all sorts of changes in therapy, examples include:

- Overcoming feelings of low mood and anxiety connected to your HIV diagnosis
- Increasing enjoyment of sober sex
- Moving towards your preferred sex life
- Being kinder and more compassionate to yourself
- Feeling confident to talk about HIV or another STI
- Feeling more in control of using chems

How do I know if it's right for me?

We know that coming to talk to someone about personal matters like sex and sexual health can feel strange or embarrassing. We also know that it can sometimes be hard to ask for help when you may feel you're not coping as well as you would like. Our psychologists are experienced in talking about these concerns and will help to make you feel

as comfortable as possible. You are welcome to attend an initial consultation and see how you feel after this.

If you are not sure, you can always speak to one of our doctors, nurses, health advisers or patient representatives. They may be able to help you decide if our service is right for you.

How did other people find it?

98% of those who had therapy would recommend the service to friends and family.

"The therapy was goal orientated and easy to understand. My therapist was non-judging and compassionate."

"I would recommend this service. The therapist was extremely professional, always prepared for the sessions and gave me extra information I could explore by myself as well. In the end I felt I was better prepared to face my own challenges in the future."

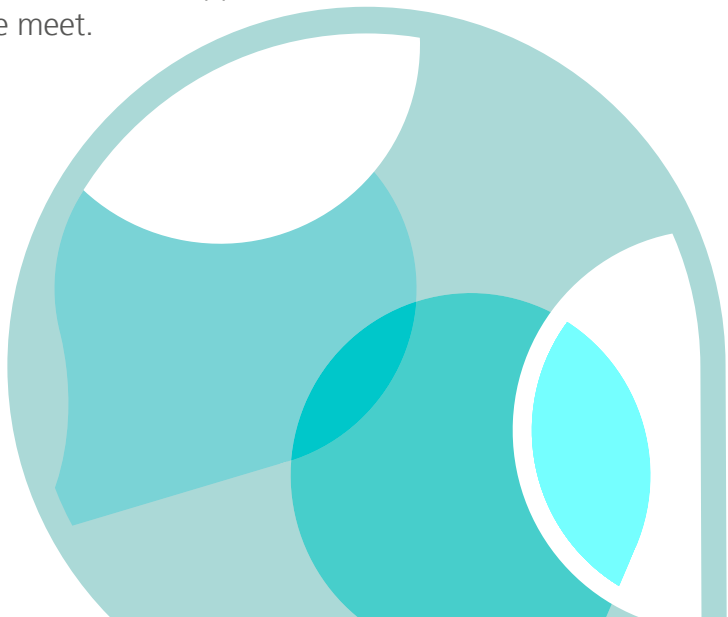
How do I access the service?

You can request a referral to psychology at your next appointment at one of our sexual health services. If it's agreed that a referral might be helpful, an initial psychology consultation will be booked. Please let reception know whether you require any additional support for this appointment, for example, an interpreter or transport.

This consultation will help us find out more about your concerns so we can plan together the best way forward. Please allow an hour for this assessment and arrive ten minutes early to complete a brief questionnaire before we meet.

There is normally a wait between your initial consultation and starting therapy. The wait varies but is usually less than 12 weeks. We can also give you advice about other sources of support available to you. If we have recommended another service, we may be able to help you access it by making a referral on your behalf

Please note, that we are unable to see people who are already having counselling or therapy elsewhere, but can meet with you for an initial consultation if you are thinking of trying a different approach.



How do we work?

We take a compassionate, non-judgemental and person-centred approach to therapy. We offer short to medium term therapy, usually between 6-8 sessions at first. We might offer individual, couples or group therapy, depending on the difficulty you would like support with. Individual and couples' therapy sessions last 50 minutes and can be either weekly or fortnightly. Group therapy sessions may differ.

We can offer appointments between 8am and 8pm most days (Monday to Friday).

We offer different kinds of psychological therapy. We often use Cognitive Behavioural Therapy (CBT), Systemic Therapy and also draw on psychodynamic ideas. Some approaches are more practical and solution-focused, while others are more about helping you to understand feelings, relationships or past events. We can discuss which approach might be most useful for you at your initial consultation.

Confidentiality

Within our sexual health clinics we work as a multi-disciplinary team to make sure you get the best possible care. Any information you share with us is kept confidential. This means that we will not pass on any information about you to anyone outside of our service

(for example, your GP or Social Services) without your consent. There are some rare exceptions to this, for example, if you or someone else is at serious or immediate risk. We are happy to answer any questions you have about this.

Out-of-hours support

We are an appointment-only service which means we are unable to respond in a crisis. If you are feeling in crisis or require immediate support, please contact one of the following services available 24/7:

Your local A&E

Tel: 999

Walk in to your GP

An out of hours service is usually available

The Samaritans

Tel: 116 123

Email: jo@samaritans.org

Walk in to your local drop in centre:

www.samaritans.org/branches

Maytree

Tel: 020 7263 7070

Email: maytree@maytree.org.uk

www.maytree.org.uk

Tell us, we're listening

Our staff want to know how they are doing. Tell us what you think at www.cnwl.nhs.uk/feedback and then we'll know what we have to do.

Contact us

You can email us to cancel or rearrange an appointment. We cannot guarantee the security of emails outside of our NHS email system. If you email us, or have given consent for us to email you, you are accepting the risk of security to these emails. Email and telephone messages are checked daily and we will get back to you as soon as we can.

Tel: 020 3317 5122

Email:

mmc.psychadmin@nhs.net

This document is also available in other languages, large print, Braille, and audio format upon request. Please email communications.cnwl@nhs.net

本文件也可应要求，制作成其它语文或特大字体版本，也可制作成录音带。

Mandarin

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

Turkish

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

Portuguese

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

Spanish

Acest document este de asemenea disponibil, la cerere, în alte limbi, cu caractere mari sau în format audio.

Romanian

本文件也可應要求，製作成其他語文或特大字體版本，也可製作成錄音帶。

Cantonese

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

Bengali

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

Arabic

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Amharic

A richiesta questo documento è anche disponibile in altre lingue, a caratteri grandi e in formato audio.

Italian