

Psychosexual Counselling and Therapy Service

Information about the service

Who is this service for?

Psychosexual Counselling is for anyone with sexual problems, regardless of their relationship status, gender identity or sexual orientation.

How Can I Get Help?

Psychosexual Counselling is part of the Solent NHS Trust Sexual Health Service and is free of charge. It is available to anyone over the age of 16, living in the Hampshire area and can be accessed by written referral from your GP.

What are the aims of the service?

We aim to provide a confidential, friendly and caring place for you to talk about and resolve your problems with the support of a counsellor/therapist. We encourage you and/or your partner to talk openly.

What happens at the Psychosexual Counselling clinic?

It is common to feel a bit nervous or embarrassed when talking about sexual matters. The counsellor/ therapist knows this and will help you talk about your problems in a sensitive and caring way.

During your first visit, the counsellor/therapist will carry out a full assessment in order to understand the problems and ensure that you receive the appropriate support. There will be no physical examination.

Who works at the Clinic?

Psychosexual counsellor/therapists are NHS staff who have special training and experience in supporting people with sexual problems. All are Accredited Members of the College of Sexual and Relationship Therapists.

Can I be seen without a partner?

It's entirely up to you. If you attend with your partner you will have opportunities to talk separately and in complete confidence. If your partner doesn't want to attend, it can still be useful to talk about your problems with your counsellor/therapist on your own and later be joined by your partner.

How long does Psychosexual Counselling/ Therapy take?

Each session lasts up to 50 minutes with a maximum of six visits. The number of times you need to attend will depend on the nature of your problem. Some problems may be resolved in a couple of visits, whilst others will take longer. Your counsellor/therapist will review your progress regularly with you and the treatment programme may end at any time.

Clinic information

Psychosexual Counselling Services are available at the following locations:

- Basingstoke
- Fareham
- Portsmouth
- Southampton
- Winchester

For any further information regarding psychosexual services, please contact:

- Email: SNHS.psychosexualcounsellingreferrals@nhs.net
- Telephone: **02381 031217**

Websites:

- letstalkaboutit.nhs.uk
- Cosrt.org.uk

Please tell us how you feel about the services we provide.

If you have a compliment, concern or complaint please contact the Patient Advice and Liaison (PALS) and Complaints Services on **0800 013 2319** or snhs.solentfeedback@nhs.net

Alternatively, visit:
www.solent.nhs.uk/contact-us

For Men:

- Erection concerns
- Loss of interest in sex
- Premature ejaculation
- Orgasm problems
- Painful intercourse
- Delayed ejaculation
- Concerns re sexuality/gender
- Relationship issues as a result of sexual difficulties



For Women:

- Loss of interest in sex
- Painful intercourse
- Vaginismus (no penetration)
- Orgasm problems
- Concerns re sexuality/gender
- Relationship issues as a result of sexual difficulties



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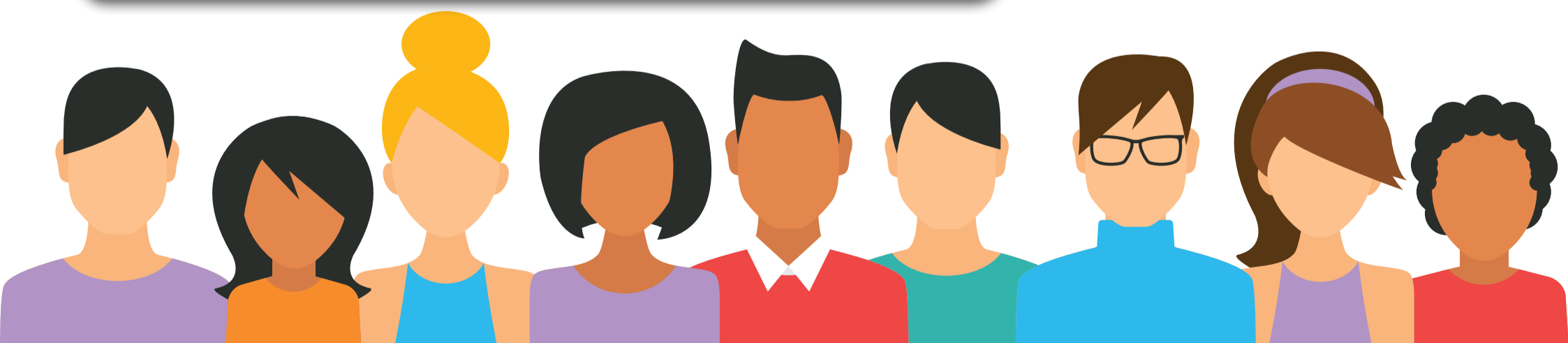
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www.letstalkaboutit.nhs.uk



If you have any other problems or concerns we may still be able to support you.