

## General relationship / other issues

If you think your problem is within your relationship, a specialist in relationship counselling such as relate may be more appropriate.

If your problem is part of a more wide ranging emotional or mental health issue e.g. anxiety/depression, or other psychological problems or you require ongoing support, a referral to the mental health team may be more appropriate. You will need to discuss this with your GP who will be able to direct you to the most appropriate help.

## Clinic information

Psychosexual Counselling Clinics are held at the Integrated Sexual Health Service, St Mary's Hospital, Newport and at East Cowes Community Clinic, held at East Cowes Medical Centre.

For any further information regarding psychosexual services, please contact:

The Psychosexual Counselling Administrator  
Sexual Health Service  
St Mary's Hospital  
Newport  
Isle of Wight, PO30 5TG

Telephone: 01983 534202

Email: SHSReception@iow.nhs.uk

**If you have any queries or concerns about the content of this leaflet please call (01983) 524081 and ask to speak to the relevant department.**

If you require this leaflet in another language, large print or another format, please contact the PALS Team, telephone **01983 534850**, who will advise you.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: **www.nhs.uk**

For Health advice and out of hours GP service please call the NHS 111 service on: **111**

### We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the PALS Team. If you wish to contact them directly, telephone on **01983 534850**.

Alternatively you may prefer to write to:

Chief Executive  
Isle Of Wight NHS Trust  
St Mary's Hospital  
Newport, Isle of Wight, PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on **03000 61 61 61** or at **enquiries@cqc.org.uk**

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.

SHS/PSY/08



## Patient Information Leaflet

# Psychosexual Counselling and Therapy Service

**Produced by:**  
Integrated Sexual Health Service

**Date:** January 2018  
**Review due:** January 2021

**If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.**

**Polish:**

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

**Russian:**

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

**Turkish:**

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

**Bulgarian:**

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, попитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

**Czech:**

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

**Bengali:**

আপনি ইংরেজি আপনার প্রথম ভাষা না থাকার কারণে এই লফিলটে পড়তে অক্ষম হন, তাহলে আরও তথ্যের জন্য 01983 534850 নভেগেশন PALS টেলিফোনে বা ইংরেজি কথা কভে জিজ্ঞাসা করুন এবং সাহায্য করুন

## Who is this service for?

Psychosexual help is available for individuals and/or couples aged 16 years and over with sexual problems, irrespective of their marital status or sexual orientation.

## What is the aim of this service?

We aim to provide a friendly and caring service where you can discuss and resolve your difficulty with the support of a counsellor/therapist. The service is confidential.

## What sort of problems can we help?

### men

- Erection problems
- Premature ejaculation
- Delayed ejaculation
- Loss of interest in sex
- Painful intercourse
- Orgasm problems

### women

- Loss of interest in sex
- Painful intercourse
- Vaginismus (no penetration)
- Orgasm problems

## What happens in a psychosexual clinic?

It is common to feel a bit apprehensive or embarrassed about discussing sexual matters. Your counsellor/therapist knows this and will help you to discuss your problem in a sensitive and caring manner.

During your first session a full assessment will be carried out in order to understand the problem and ensure you receive the appropriate help. There will be no physical examination.

Psychosexual counsellors/therapists are NHS staff who have specialist training and experience in helping people with a range of sexual problems. All are members of The College of Sexual and Relationship Therapists (COSRT). You can find more information about COSRT and what to expect at a psychosexual clinic at the following web site: <http://www.cosrt.org.uk/>

## Can I be seen without a partner?

It is entirely up to you. If you attend with your partner you may be given the opportunity to talk separately and in confidence. If your partner is unwilling to attend it can still be useful to discuss your problem. Sometimes therapy starts with one person and they are joined later by their partner.

## How long does psychosexual counselling / therapy take?

We offer an initial assessment appointment and if psychosexual counselling/therapy is appropriate, up to six subsequent sessions. Each session lasts up to 50 minutes. The number of times you will need to attend will depend on the nature of your problem. Some problems can be resolved in a couple of sessions, whilst others take longer. Your counsellor/therapist will regularly review your progress with you and you may terminate the programme at any time.

## How can I get help?

Psychosexual Counselling is part of the Isle of Wight NHS Trust Sexual Health Service. It is free of charge and can be accessed by written referral from your GP, Sexual Health Clinic or other healthcare provider. Further information is available at [www.wish-net.co.uk](http://www.wish-net.co.uk)