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sexual health matters

ARE YOU WORRIED ABOUT SEX?



Do you think you or your partner might have a sexual problem?
Do you have problems with sexual relationships?

SEXUAL PROBLEMS ARE COMMON, REGARDLESS OF GENDER OR SEXUAL IDENTITY.

These problems can include pain having sex (usually penetrative), difficulty getting aroused or having an orgasm, or concerns about sex drive, feeling it's too low or too high.

Some people worry that they are addicted to sex or pornography, or that they engage in risky sexual behaviours.

Men can also experience difficulties getting or keeping an erection or have problems controlling when they come (ejaculate).

Some people find the idea of any sex act or relationship frightening or disgusting.

These problems can be due to lots of different things, like past events or relationships. They can also be caused by illnesses, both physical and mental health can affect our sex lives.

Sometimes the way we learn about sex, e.g. pornography, can be misleading and make you think you have a problem when you don't.

Our Sexual Problems Team might be able to help you understand why you have a problem, and then support you in changes that can lead to an improvement in your sex life.

We can see people who are residents in Halton, Knowsley, Liverpool, Warrington or Wirral.

So if you live in one of these areas ask your GP, nurse, hospital specialist, counsellor or other healthcare professional to refer you to our service.



WHAT HAPPENS WHEN YOU ARE REFERRED?

1 You will receive a letter acknowledging your referral and checking how you like to be contacted. It is good to let your referrer know that information before they do the referral (for instance, would you prefer not to receive mail to your home address).

2 You will then be contacted with an appointment (sometimes a cancellation at short notice). This is usually by letter or phone call and you will receive a text reminder about your appointment a week before it is due.

3 You will see one of our experienced Psychosexual and Relationship Therapists, and you can choose whether to be seen alone or with your partner if you are in a relationship.

4 The team members are very experienced at discussing all aspects of sex. They also understand that it might be difficult for you to talk or find the right words to start with.

5 Most people are seen for about six appointments but some need fewer and some people need more. Your appointments can be face to face, via secure video link, or over the phone, whichever is the most appropriate and convenient for you.

6 We will write to your referrer (GP, nurses etc.) when you are discharged or at other times if this is likely to be helpful for you, and only with your permission. Every possible care will be taken to keep your information confidential.

OUR PATIENTS MATTER

Liverpool University Hospitals NHS Foundation Trust listens and responds to patients and their carers to help improve the services we deliver. If you have any comments, complaints or concerns you can speak to a member of staff or contact our

Patient Advice and Complaints (PACT) Team.

Telephone: 0151 706 4903

Textphone: 18001 0151 706 4903

Email: Quality2@liverpoolft.nhs.uk

To request the leaflet in an alternative format or language, please speak to a member of the access team.

Further useful information can be found at:

[College of Sexual and Relationship Therapists](http://www.cosrt.org.uk)- www.cosrt.org.uk

[Institute of Psychosexual Medicine](http://www.ipm.org.uk) - www.ipm.org.uk



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