

**Psychosexual Service**

This leaflet provides information about what the service provides and what you can expect.

**What is the psychosexual service?**

The psychosexual clinic helps people experiencing sexual problems or difficulties. You may be seen individually or as a couple. The service is provided by a counsellor and a doctor who have a special interest in this area. Sessions will involve talking about the problem, counselling and in some cases a physical examination. We aim to offer clients four 45 minute sessions, but further sessions may be offered where necessary. Appointments are offered on Mondays, Fridays and Saturdays.

**What problems does the psychosexual service offer help for?**

We offer help with emotional and relationship problems that are causing difficulties with sex. This includes erection and ejaculation difficulties, painful sex, problems with orgasm, low sexual desire and difficulties with penetration. If you are experiencing difficulties or relationship problems related to your sex life we would be happy to offer help.

**Who is the psychosexual service suitable for?**

We provide therapy for Luton residents who are over 16 years of age.

As the course of therapy is brief it is not usually suitable for people with sex addiction or people with acute mental health problems. If your mental health problem is stable and well managed we may be able to help you.

**How can I get referred to the psychosexual service?**

You can speak to your GP or other health professional and ask to be referred. Occasionally clients may be added to the waiting list after a consultation at Luton Sexual Health. GP referrals should be sent to Dr J Turner at Luton Sexual Health, Luton & Dunstable Hospital, LU4 0DZ.

**What happens next?**

Depending on your individual need your GP may need to do some blood or other tests to look for a physical problem before referring. Once referred, you will be added to a waiting list and will receive a letter asking you to call the clinic to book an appointment. As there is a waiting list it can be some weeks before an appointment is available.

**Contact details:** Telephone 01582 497070 or visit lutonsexualhealth.org.uk