



## Sexual Problems Assessment and Treatment Service (SPATS) Patient Information Leaflet

### What can we help with?

We can offer support for anyone experiencing **sexual pain**.

We can offer support for people experiencing the following sexual difficulties:

- Erection difficulties
- Early ejaculation
- Low desire or libido
- Difficulties with orgasms

**If** they are connected to one of the following:

- An STI (including HIV, HSV, HPV)
- Fear of an STI, or increased risk of acquiring an STI
- Sexual assault, gender-based violence or pregnancy or fertility concerns

### What can we do?

We offer medical and psychological assessment, advice and interventions to help you understand your sexual difficulties, rebuild your sexual confidence and find practical ways towards your preferred sex-life.

We draw from research and our clinical experience about what we know can help to resolve sexual problems.

### How do I access the service?

You can book a general sexual health appointment at one of our clinics by calling **020 3317 5252** or online at:

<http://www.cnwl.nhs.uk/service/archway-centresexual-health-contraceptive-care/>

At this appointment, you can request a referral to the SPATS service. If it is decided that SPATS is the most helpful service for you, you will be given a slip to take to reception, where you will book into a SPATS triage assessment appointment.

### Contacting us:

If you have any questions, or want to provide feedback about the service, you can contact the SPATS team directly.

Telephone: **020 3317 5122**

Email:

[psychosexualteamadmin@nhs.net](mailto:psychosexualteamadmin@nhs.net)

### Is there a wait for appointments?

You will usually be offered a SPATS triage assessment within 6-8 weeks; there is currently a wait due to the high demand for our service. In the meantime you can request our self-help booklets and/or access to our online sex therapy intervention [www.sextherapylondon.nhs.uk](http://www.sextherapylondon.nhs.uk). Please ask for a unique username and password to access this service.