

## **NHS services offering support with sexual difficulties**

The following NHS services require a referral from your GP (but will accept referrals from any London borough):

### **1) The Jane Wadsworth clinic**

Address: Jefferiss wing  
St Mary's Hospital  
Praed Street  
London, W2 1NY

Telephone: 020 3312 6754

Website: <https://www.imperial.nhs.uk/our-services/sexual-health-and-hiv/sexual-health/sexual-function-clinic>

### **2) SLaM Psychosexual Service**

Address: 1<sup>st</sup> Floor,  
Mapother House,  
De Crespigny Park,  
London, SE5 8AZ

Telephone: 0203 228 2458

Email: [nelva.mason@nhs.net](mailto:nelva.mason@nhs.net)

Website: [www.national.slam.nhs.uk/services/adult-services/psychosexual/](http://www.national.slam.nhs.uk/services/adult-services/psychosexual/)

GPs referring to this service should refer to their tertiary panel directly indicating that they want the patient to be seen at this service for funding to be agreed in advance. Alternatively, the GP can send a referral letter and the SLaM contract department will raise a funding request to the appropriate CCG for each referral.

### **3) C&I Sexual Problems Clinic**

Address: Ground Floor, West Wing  
St Pancras Hospital  
4 St Pancras Way  
London, NW1 0PE

Telephone: 0203 317 4700

Email: [cim-tr.spcadmin@nhs.net](mailto:cim-tr.spcadmin@nhs.net)

Website: [www.candi.nhs.uk/services/sexual-problems-clinic](http://www.candi.nhs.uk/services/sexual-problems-clinic)

Referrals to this service can be made from any health professional in England, although a charge may apply to those outside the boroughs of Camden and Islington. In exceptional circumstances they also take self-referral.

The following NHS services can be accessed by anyone living in any London borough. Referrals can be made internally by attending a general sexual health screen at the clinic:

**1) CNWL Sexual Health services in Surrey**

Address: Buryfields Clinic  
61 Lawn Road  
Guildford  
GU2 4AX

Earnsdale Clinic  
2 Whitepost Hill  
Redhill  
RH1 6BD

Website: <https://www.sexualhealth.cnwl.nhs.uk/>

**2) Sexual Health Sutton**

Address: St Helier Hospital  
Block D  
Wrythe Lane,  
Sutton,  
SM5 1AA

Telephone: 020 8296 2543

Website: <http://www.chelwest.nhs.uk/services/hiv-sexual-health/clinics/sexual-health-sutton/sexual-health-sutton-clinics>

The following services are available for specific London boroughs:

**1) West London Centre for Counselling** (for Hammersmith and Fulham residents or those who are registered with a GP there).

Address: 3 Glenthorne Mews,  
115A Glenthorne Road,  
London, W6 0LJ

Telephone: 0300 123 1156

Website: <http://www.backontrack.nhs.uk/>

Referrals for psychosexual counselling must go through Back on Track (the local IAPT Service). Referrals can be made by you or your GP.

**2) Dean Street Psychosexual Therapy Service** (for any London borough except for Westminster, Chelsea, Kensington, Fulham, Hammersmith, City of London, Dagenham and Barking).

Address: 56 Dean Street  
London  
W1D 6AQ

Telephone: 0203 315 5656

Website: <http://dean.st/psychosexual/>

## Self-funded organisations offering support with sexual difficulties\*

Professionals working in this field can be:

- Clinical Psychologists specialising in sexual difficulties
- Psychosexual counsellors
- Medical doctors specialising in sexual difficulties

Best practice guidelines (including the type of assessment that should be carried out, and the latest evidence for which interventions are effective for sexual difficulties) can be found at:

<https://www.bashh.org/bashh-groups/special-interest-groups/sexual-dysfunction/>

These guidelines recommend ensuring **a full physical assessment** has been completed prior to beginning a psychological approach, as some sexual difficulties can have a physical cause or component.

### Services offering sex therapy and relationship counselling

Directories of therapists and organisations working with sexual difficulties:

[www.cosrt.org.uk](http://www.cosrt.org.uk)

#### **College of Sexual and Relationship Therapy**

Find an accredited sex and relationship therapist

[www.pinktherapy.com](http://www.pinktherapy.com)

#### **Pink Therapy**

Directory of therapists who work with gender, relationship and sexual diversity.

[www.relate.org.uk](http://www.relate.org.uk)

#### **Relate**

Offers relationship counselling

[www.tccr.org.uk](http://www.tccr.org.uk)

#### **Tavistock Centre for Couple Relationships**

Offers relationship counselling

[www.psychologytoday.com/gb](http://www.psychologytoday.com/gb)

#### **Psychology Today**

Directory of therapists. Please search for those specialising in sexual difficulties or sex therapy.

[www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)

#### **Counselling directory**

Directory of therapists. Please search for those specialising in sexual difficulties or sex therapy.

### **Services offering medical doctors with a special interest or training in sexual difficulties**

These are usually andrologists, urologists, sexual health doctors, or gynaecologists with additional training in sexual medicine.

They can be searched via:

<a href="http://www.issm.info">www.issm.info</a>	International Society for Sexual Medicine
<a href="http://www.essm.org">www.essm.org</a>	European Society for Sexual Medicine
<a href="http://www.bssm.org.uk">www.bssm.org.uk</a>	British Society for Sexual Medicine
<a href="http://www.ipm.org.uk">www.ipm.org.uk</a>	Institute of Psychosexual Medicine

### **Other information**

Useful information websites:

[www.sda.uk.net](http://www.sda.uk.net)

[www.vulvalpainsociety.org](http://www.vulvalpainsociety.org)

\* Please note this is not an exhaustive list.