



Central and  
North West London

NHS Foundation Trust

# Sexual Problems Assessment and Treatment Service (SPATS)

Patient Information Leaflet



*Wellbeing for life*

## 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 or delayed ejaculation
- Low desire or libido
- Difficulties with orgasms

ONLY IF they are connected to one of the following:

- An STI (including HIV, HSV, HPV)
- Fear of an STI, or being at increased risk of acquiring an STI (including having difficulties using condoms).
- 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: <https://www.sexualhealth.cnwl.nhs.uk/clinics/archway-centre/>

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.

## Is there a wait for appointments?

You will usually be offered a SPATS triage assessment appointment within 4-6 weeks.

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.

## Your SPATS triage appointment

Please arrive 10 minutes before your scheduled appointment time to complete a questionnaire which will help us provide the best care for you.

Please note we are unable to see anyone who arrives more than 10 minutes after their scheduled appointment time. If you arrive more than 10 minutes late, you will be asked to rebook your appointment.

If you need to cancel or rearrange your SPATS triage appointment, please contact us.

## Contact us

You can contact the SPATS team directly to cancel or rearrange a SPATS appointment, or to provide feedback about our services by:

Telephone: 020 3317 5122


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

<https://www.sexualhealth.cnwl.nhs.uk/sexual-problems-assessment-and-treatment-service/>




### Archway Centre

681-689 Holloway Road, Archway,  
London N19 5SE

 Archway – Northern Line

 Upper Holloway

 Buses – C11, W5, 4, 10, 17, 41, 43, 134, 135, 143, 210, 263, 271

Parking: Parking meters are located nearby

This document is also available in other languages, large print, Braille, and audio format upon request. Please email [communications.cnwl@nhs.net](mailto:communications.cnwl@nhs.net)

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

## Arabic

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

## Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

## Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

## Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

## Portuguese

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

## Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

## Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formacie audio.

## Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

## Gujarati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

## Turkish