

Discussing Sexual Health

Sexual health is about having a happy, fulfilling and safe sex life. To maintain or improve our sexual health it helps to get hold of accurate information and to take the time we need to make decisions for ourselves – what we want, what we don't want and how to negotiate for both of these.

Sometimes it is easier to talk these things through with someone else. Sexual Health Advisers are available for one to one, confidential discussion in a comfortable and private room.

If you feel it would be helpful to talk about any aspect of sex or sexual health with one of the Sexual Health Advisers, ask any member of staff at Sandyford or phone for an appointment.



When can I see a Sexual Health Adviser?

In certain circumstances while you are attending Sandyford you may be referred to the Sexual Health Advisers (e.g. if you have a sexually transmitted infection). At other times you can ask to see us if you feel this would be helpful.

You can book an appointment directly with a Sexual Health Adviser by calling appointments on 0141 211 8130, even if you have never been to the clinic before. You can also speak to us on the phone on 0141 211 8634.

If you have seen a Sexual Health Adviser before, and would like to see that person again, we will try to accommodate this if possible.



What would you like to talk about?

Sexually Transmitted Infections and Blood Borne Viruses

We could discuss:

- What these infections are?
- How you might get them?
- How they are treated or managed?
- How you can avoid them?

Telling your partner(s) you have an infection

You might want to:

- Explore ways of doing this
- Getting your facts right beforehand
- Talk about worries you have about it

Safer sex and condom use (free condoms and lube included)

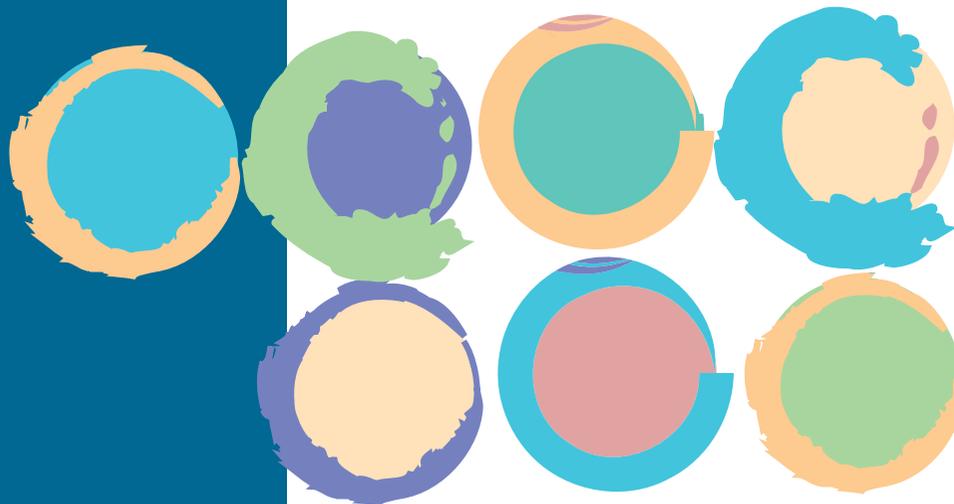
- What safer sex is and is not?
- What condoms are best to use and when to use them?
- Explore the barriers to using condoms and how to use them
- Deciding to stop using them

Getting the sex you want and making it safer

- Talking about sex with your partner(s)
- Negotiating the sex you want
- Deciding how far you want to go and sticking to this

Information about HIV and AIDS

- What is HIV?
- How it is transmitted?
- What does AIDS mean?
- How you can protect yourself?
- What if you have HIV?



- Post Exposure Prophylaxis (PEP) and Pre Exposure Prophylaxis (PrEP)

Having an HIV Test

- Benefits of knowing your HIV status
- Getting support before and after
- What happens if you test positive?

Support if HIV Positive

- Discussing future options
- Treatment and support issues
- Crisis support
- Telling others your diagnosis
- Issues around safer sex

Information about Hepatitis A, B and C

- How these could affect you
- Assessing your risk
- Should you test or not?
- What if I test positive?
- Issues around safer sex

Crisis Support (short term)

- Any issues relating to your sexual health (e.g. sexual assault, sexual abuse, sexuality issues, relationship difficulties)

Assessment and Referral for Counselling

If you feel you need help and/or support and we cannot provide this, we may be able to suggest an appropriate service to meet your needs.

Interpreting Service

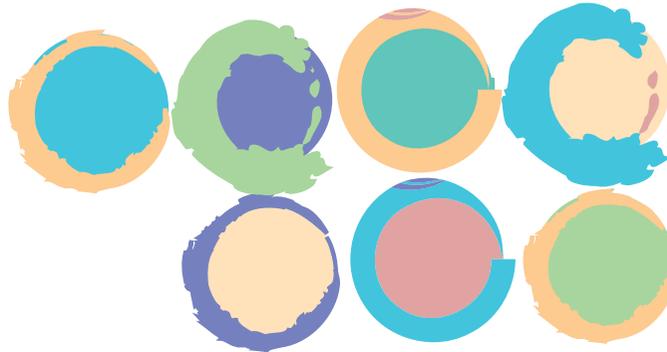
Please inform reception when booking an appointment if an interpreter is required.

Sexual Health Appointments

Telephone: **0141 211 8130**

Sexual Health Adviser Office

Telephone: **0141 211 8634**



If you would like this document in large print, Braille or audio format, please contact Sandyford on:

If you would like this document in another language, please contact:

如果您需要该信息的其它语言版本，请联系：

اگر این اطلاعات را به زبانی دیگر میخواهید لطفاً با این آدرس تماس بگیرید:
إذا رغبت في الحصول على هذه المعلومات بلغة أخرى، الرجاء الاتصال بـ:
ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ دੂਜੀ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ:

اگر آپ یہ معلومات کسی اور زبان میں حاصل کرنا چاہتے ہیں تو براہ مہربانی رابطہ کریں:

Eğer bu bilgiyi bir başka dilde istlyorsanız lütfen bağlantı kurunuz:
Jeśli chcesz uzyskać te informacje w innym języku skontaktuj się z:



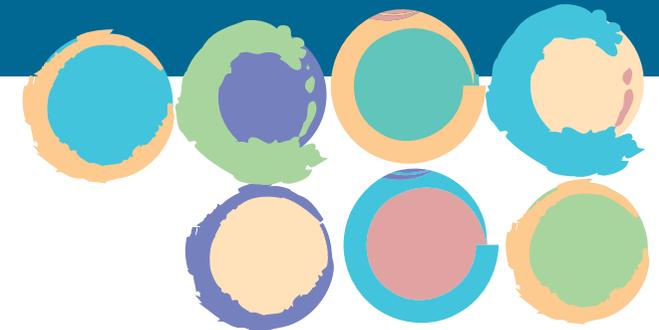
0141 211 8130

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Why See a Sexual Health Adviser?

SANDYFORD

caring about sexual, reproductive and emotional health



www.sandyford.org

Telephone 0141 211 8130