Counselling Service

For North Yorkshire available in:
Northallerton, Harrogate, Scarborough,
Hambleton, Richmondshire and Selby

For more information, please telephone
the YorSexualHealth Counsellor
on 01904 725427
www.yorsexualhealth.org.uk

Caring with pride
Caring about what we do • Respecting and valuing each other
YorSexualHealth counselling service

This service is provided from locations across North Yorkshire and is available to anyone registered at any of our YorSexualHealth services. It is also possible to self-refer from our website www.yorsexualhealth.org.uk

To access this service, please ask your doctor or nurse about referring you to us.
What happens in counselling?

Counselling provides you with somewhere safe where you can talk things through. You will always see trained staff that will not judge you nor give you advice.

You have the choice about what you want to talk about; you might want to change something, sort out a problem, or make a decision.

It’s about helping you to make your own choices, develop insights into your problems and finding your own resources and strengths.

Talking about your feelings with someone who is not a friend or family member can free you up to see things more clearly.

How long do sessions last?

Each session will last about an hour and you will be offered up to six sessions.

In the initial session, you and your counsellor will discuss the issues that concern you and whether counselling is appropriate for you. There may be other types of support that may be more helpful to you, and if so, your counsellor can refer you on to the right professional.
Who are the YorSexualHealth counsellors?

The counsellors (BACP Registered) are qualified and trained to support adults and young people with sexual health concerns or issues.

Is YorSexualHealth counselling confidential?

The service is confidential and your counsellor will explain to you exactly what this means and can answer any questions you may have about this.

How to make an Appointment

To make an appointment please speak to one of the doctors or nurses in the clinic, who can refer you to the counsellor.

The counsellor will then contact you to arrange a suitable appointment.

Alternatively, you can self-refer via our website www.yorsexualhealth.org.uk
What issues do we work with?

- Effects of an STI diagnosis
- Living with or affected by HIV
- Unplanned pregnancy
- Barriers to safer sex e.g.
  - Self confidence
  - Effects of alcohol or substance misuse
  - Peer pressure
  - Online safety or sexting
- Difficulties around sexuality
- Survivors of sexual assault

Examples of issues not covered include:

- Survivors of childhood or historical sexual abuse
- Erectile dysfunction
- Couple therapy
Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact the Clinical Support Team at YorSexualHealth, Monkgate Health Centre, YO31 7WA or telephone 01904 725444.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.
Please telephone or email if you require this information in a different language or format

如果你要求本資訊是以不同的語言或版式提供，請致電或寫電郵

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

01904 725566
email: access@york.nhs.uk

Braille  Audio e.g. CD
Large print  Electronic

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