



Alternative Psychology and Psychosexual Therapy Services

NHS services:

Name of clinic	Contact details	Services offered	Referral pathway
South London and Maudsley Psychosexual Service	<p>South London and Maudsley Psychosexual Service</p> <p>1st Floor, Mapother House De Crespigny Park London SE5 8AZ</p> <p>Call: 020 3228 2458</p> <p>Email: psychosexualservice@slam.nhs.uk</p> <p>Web: https://www.slam.nhs.uk/national-services/adult-services/psychosexual-service/</p>	Sexual problems service	Referrals are accepted from: consultants, GPs, counsellors via GP, community mental health teams, improving access to psychological therapies (IAPT) teams
Camden and Islington Sexual Problems Clinic	<p>Address: Ground Floor, West Wing St Pancras Hospital, 4 St Pancras Way London NW1 0PE</p> <p>Phone: 0203 317 4700</p> <p>Email: nft.spcadmin@nhs.net</p> <p>Web: https://www.candi.nhs.uk/services/sexual-problems-clinic</p>	Sexual problems service	<p>Referrals can be made from any health professional in England, although a charge may apply to those outside the boroughs of Camden and Islington.</p> <p>A GP letter with brief details of the problem and medical history is preferred. This can be emailed to cim-tr.spcadmin@nhs.net</p>

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Surrey Sexual Health Services	<p>Must be registered with Surrey GP</p> <p>Buryfields Clinic Second floor, 61 Lawn Road, Guildford, GU2 4AX</p> <p>Earnsdale Clinic 2 Whitepost Hill, Redhill, RH1 6BD</p> <p>https://www.sexualhealth.cnwl.nhs.uk/</p>	<p>Sexual Health Psychology Service</p> <p>and</p> <p>Sexual Problems Assessment and Treatment Service</p> <p>Must be registered with Surrey GP</p>	<p>Call 01483 675389 to book a suitable appointment.</p> <p>Lines are open Monday to Friday 9.30am to 4.30pm</p>
56 Dean Street	<p>Dean Street Psychosexual Therapy Service (for any London borough except for Westminster, Chelsea, Kensington, Fulham, Hammersmith, City of London, Dagenham and Barking).</p> <p>Address: 56 Dean Street London W1D 6AQ Telephone: 0203 315 5656 Website: http://dean.st/psychosexual</p> <p>chelwest.dspsychosexualteam@nhs.net</p>	<p>Psychosexual therapy (short term 1:1 and groups)</p>	<p>Self-referral or clinician referral via email.</p>
The Jane Wadsworth clinic	<p>St Mary's Hospital, Praed Street, London, W2 1NY</p> <p>https://www.imperial.nhs.uk/our-services/sexual-health-and-hiv/sexual-health/sexual-function-clinic</p>	<p>Sexual difficulties</p>	<p>All patients must be referred to the Jane Wadsworth clinic via their GP.</p>
West London Centre for Counselling	<p><i>Only available for Hammersmith and Fulham residents or those who are registered with a GP there</i></p> <p>3 Glenthorne Mews, 115A Glenthorne Road, London W6 0LJ</p> <p>Web: http://www.wlcc.org.uk/index.html Email: WLCC@WLCC.org.uk</p>	<p>Couples and Psychosexual Counselling</p>	<p>Referrals must go through Back on Track (0300 123 1156) – you can phone them yourself or ask your GP to refer you to them.</p>

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Croydon Sexual Health Centre	<p>Croydon Sexual Health Centre Croydon University Hospital, 530 London Road, Croydon, CR7 7YE</p> <p>https://www.croydonsexualhealth.nhs.uk/psychosexual-referrals</p> <p>ch-tr.sexualhealth@nhs.net</p> <p>020 8401 3766</p>	Psychosexual Therapy Service	GP to complete referral form (downloadable from website) and email
Wolverton Sexual Health Service	<p>Wolverton Sexual Health Service The Wolverton Sexual Health Kingston Kingston Hospital NHS Foundation Trust Galsworthy Road Kingston upon Thames Surrey KT2 7QB</p> <p>https://www.sexualhealthkingston.co.uk/additional-services/long-term-sh-issues</p> <p>https://www.sexualhealthkingston.co.uk/contact-us</p> <p>020 8974 9331</p>	Psychosexual Therapy Service (currently only offering support for vulval/vaginal pain)	Call 020 8974 9331 to book an appointment and self-refer to psychosexual support



Private and self-funded organisations:

Professionals working in the field of sexual health and psychosexual difficulties can be:

- Clinical Psychologists specialising in sexual difficulties
- Psychosexual therapists or 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 psychosexual therapy and relationship counselling:

You can search any of the following directories to find a qualified psychologist or therapist:

British Psychological Society https://www.bps.org.uk/public/find-psychologist	Directory of Chartered Psychologists
Psychology Today www.psychologytoday.com/gb	Directory of psychologists and therapists. Please search for those specialising in psychosexual difficulties or sex therapy.
Counselling directory www.counselling-directory.org.uk	Directory of psychologists and therapists. Please search for those specialising in psychosexual difficulties or sex therapy.
College of Sexual and Relationship Therapy www.cosrt.org.uk	Directory to find an accredited sex and relationship therapist.
Pink Therapy www.pinktherapy.com	Directory of therapists who work with gender, relationship and sexual diversity.
Relate www.relate.org.uk	Offers relationship counselling
Tavistock Centre for Couple Relationships www.tccr.org.uk	Offers relationship counselling



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

Medical doctors with a special interest or training in sexual difficulties are usually andrologists, urologists, sexual health doctors, or gynaecologists with additional training in sexual medicine.

They can be searched for via the following websites:

International Society for Sexual Medicine

www.issm.info

European Society for Sexual Medicine

www.essm.org

British Society for Sexual Medicine

www.bssm.org.uk

Institute of Psychosexual Medicine

www.ipm.org.uk

Other information

Useful information websites:

<https://sexualwellbeingforall.wordpress.com/>

www.sda.uk.net

www.vulvalpainsociety.org

www.thevaginismusnetwork.com/

* Please note this is not an exhaustive list.