



Tayside Sexual Problem Clinic

The Sexual Problems Service for Tayside is based in two locations: Ninewells Hospital in Dundee and Drumhar Health Centre in Perth. This service exists to help people with difficulties in their sexual lives.

Sexual problems can be experienced by anyone, whatever their sexual orientation, ethnic background or medical history. Many of these problems can respond well to brief psychosexual therapy as provided at this clinic. This type of therapy may not be suitable for people with untreated mental health issues or certain learning disabilities. Some problems may benefit from help from other teams first, such as psychology or psychiatry, before coming to the Sexual Problem (SP) Clinic.

Problems commonly dealt with at the Sexual Problem Clinic include:

- Erectile dysfunction (ED) of psychological origin
- Premature ejaculation
- Delayed ejaculation
- Vaginismus (muscle spasm at the entrance to the vagina) – see patient leaflet ‘Vaginismus and Dyspareunia (Sexual pain) leaflet LN1196 for more information
- Pain during sex
- Lack of sexual interest or desire
- Anorgasmia – no orgasm or difficulty achieving orgasm

The clinic is staffed by Specialist Sexual and Reproductive Health doctors and nurses, who have training in Psychosexual Medicine, as qualified members of the Institute of Psychosexual Medicine (IPM).

www.ipm.org.uk

The clinic appointment

The clinic provides assessment and counselling for individuals. Most of the consultation will be having a conversation to allow us to understand how your emotions affect your sexual response. During the consultation, a physical examination may be helpful to allow us to fully assess the problem you are having. Normally, we see patients on their own rather than as couples, but you may bring a partner if you wish.

This type of counselling is a brief form of therapy. Most people attend for 1 or 2 sessions, with a maximum of around 4 to 6 sessions.

Other specialist services:

Many sexual problems can have both physical and psychological factors. Usually physical problems will have been investigated first.

The Sexual Problem Clinic deals with a wide range of sexual problems but there are some sexual issues which are best dealt with by other specialist services.

Concerns which are seen by other specialist teams are:

- **Erectile dysfunction (ED) and ejaculatory problems, where there is likely or possibly, a physical cause:**

Investigation and treatment for ED are provided by a Specialist ED Clinic in NHS Tayside's Urology Department. Referral is from your GP.

[Erectile dysfunction - Illnesses & conditions | NHS inform](#)

- **Gender issues**

Gender dysphoria, gender identity and transgender issues are dealt with separately in the Gender Clinic. This service is at the Sandyford Central clinic in Glasgow.

Referral is from your GP.

www.sandyford.scot

- **Relationship problems.**

These may be best dealt with by relationship counsellors. This is not currently provided on the NHS.

Relationships Scotland offer relationship counselling and psychosexual therapy with branches across Scotland, including Tayside.

www.relationships-scotland.org.uk

- **Compulsive sexual behaviour (sex addiction)**

Sex addiction is treated with individual and group therapy in the same way as other addictions. There are therapists with a specialist training in treating sex addiction at "Relationships Scotland" in Dundee but this is not within the NHS.

The **Reward Foundation** provides online advice.

Referral is not necessary.

Free online information and help.

www.rewardfoundation.org

Further information and support can be found on sex addiction at:

Sex Addicts Anonymous in the UK
(free group therapy meetings in Dundee)
<https://www.saauk.info/en/>

Sex and Love Addicts Anonymous
(free group therapy meetings in Glasgow)
<https://www.slaauk.org>

Association for the Treatment of Sexual Addiction and Compulsivity (one to one therapists in Scotland)
<https://atsac.org.uk/>

- **Sexual trauma**

If you have suffered sexual assault or abuse you may wish to seek psychological support for the traumatic impact this has had on you before managing any sexual problems.

Your GP can refer you for this or you can contact:

Rape and Sexual Abuse Centre (Perth & Kinross)
<https://www.rasacpk.org.uk/>

Women's Rape and Sexual Abuse Centre (Dundee and Angus)
<https://www.wrasac.org.uk>

Alternative (Non-NHS) sources of help with Sexual Problems

College of Sexual and Relationship Therapists (COSRT)

COSRT provides useful information about a number of topics including relationship difficulties, common sexual problems, sexual gender identity, sex and disability and sex after a diagnosis of cancer.

The website provides contact details for COSRT qualified and accredited psychosexual therapists and links to related websites and helpful books.

www.cosrt.org.uk

Mindspace

Mindspace offers counselling services for a variety of issues. Mindspace is based in Perth.

<http://mindspacepk.com/counselling-service/adult-service/>

Tayside Sexual Health & Reproductive Health Service Clinics

Dundee

Tayside Sexual & Reproductive Health Service
South Block – Level 7
Ninewells Hospital

Perth

Drumhar Health Centre
North Methven Street
Perth

Central telephone line: 01382 42 55 42

Monday – Friday, 9.00am – 5.00pm

Website: www.sexualhealthtayside.org

Care Opinion

Tell us your experience of our Sexual Problem Service.

[Ninewells Hospital / Sexual and Reproductive Health | Care Opinion](#)

This leaflet was developed by Sexual Health Advisers within the NHS Tayside Sexual and Reproductive Health (NTSRH) Service

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This leaflet can be made available in other languages and formats on request

Speak to the nurse looking after you to arrange this