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Free and confidential services  
across North Yorkshire and York

# Counselling Service

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

① For more information, please telephone  
the YorSexualHealth Counsellor  
on 01904 725427  
[www.yorsexualhealth.org.uk](http://www.yorsexualhealth.org.uk)

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## **YorSexualHealth Counselling Service**

Counselling is available to people of all ages who live in York and North Yorkshire and is provided from various locations across the county. Please see page 6 to find out more about the issues we work with.

To access this service, please speak to your sexual health doctor or nurse about referring you to us.

It is also possible to self-refer from our website:  
**[www.yorsexualhealth.org.uk](http://www.yorsexualhealth.org.uk)**

## **What happens in counselling?**

Counselling provides you with somewhere safe where you can talk things through. You will always see trained staff who 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 telephone the counselling service directly on 01904 725427.

If you are attending one of our sexual health clinics, you can also speak to a doctor or nurse about referring you to the counsellor.

Alternatively, you can self-refer via our website:

[www.yorsexualhealth.org.uk](http://www.yorsexualhealth.org.uk)

The counsellor will then contact you to arrange a suitable appointment. You can choose whether you would like to receive the counselling face-to-face, by telephone, or video call.

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

Alternatively, you can self-refer via our website:  
**[www.yorsexualhealth.org.uk](http://www.yorsexualhealth.org.uk)**

The counsellor will then contact you to arrange a suitable appointment. You can choose whether you would like to receive the counselling face-to-face, by telephone, or video call.

## **What issues do we work with?**

- Effects of an STI diagnosis or sexual health concern
- Living with or affected by HIV
- Unplanned pregnancy
- Support and choices around abortion
- Barriers to safer sex e.g.
  - Self confidence
  - Effects of alcohol or substance misuse
  - Peer pressure
  - Issues around condom use and other methods of contraception
  - Online safety or sexting
- Difficulties around sexuality
- Survivors of sexual assault

## **Examples of issues we do not work with include:**

- Survivors of childhood or historical sexual abuse
- Erectile dysfunction and general psychosexual difficulties
- Couple therapy
- Gender identity

## **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](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.

# Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電  
或發電

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

Telephone: 01904 725566

Email: [access@york.nhs.uk](mailto:access@york.nhs.uk)

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[www.yorsexualhealth.org.uk](http://www.yorsexualhealth.org.uk)



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