

Psychosexual Telephone Appointment

At the Appointment

- 1) Arrange to be in a quiet, private space- the appointment will last 45-60 minutes.
- 2) We will ask questions about:
 - a) The problem you are experiencing and the affect it is having on you.
 - b) Your current and previous relationships
 - c) Medical history- including medications, illness, mental health.
- 3) This will be an opportunity to advise you on alternative sources of help and to decide if you want/are able/have time to commit to psychosexual therapy

After the Appointment

If you are added to the waiting list, we will aim to check in with you regularly while you wait on an appointment. These text messages will be an opportunity to check if you would like to remain on the waiting list.

If you indicate, you will prefer not to remain on the waiting list a clinician will arrange to call you to confirm.

You can find helpful information on our website here:

<https://www.lothiansexualhealth.scot/specialist-services/psychosexual-therapy/>