

HIV and STI Counselling*

Managing a life-changing diagnosis such as HIV and long-term STIs, can be a lot to cope with.

Our counsellors can help you work through any emotions you are feeling around your diagnosis.

You can either self-refer on our website or request a referral from one of our partner agencies.

Studies have shown that people with long-term STIs, such as herpes or HIV, feel more shame, anxiety and embarrassment.

Short-term STIs, such as chlamydia, have also been shown to have mental health difficulties such as depression, anxiety and shame.

* Our waiting list varies with demand for the service, but it's typically under 2 months. If you need to be seen urgently, we also offer paid counselling with a shorter wait.

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