

Sex is a very private matter for many people. This is fine, until things go wrong or you become dissatisfied with your situation. You may be feeling too confused or afraid to move forward. Here is help.

## What's good about sex ?

Love, affection, touch, and consensual respectful sex usually makes us feel more happy and are good for our mental and physical health. Your health professionals know this, so it's OK to bring your intimate problems to them.

Sex is more than the act of intercourse: it is all your desires and erotic feelings in your body, flirting and all kinds of sexual expression.

Sex brings you closer to your partner. If you discuss your sexual feelings and fantasies on a regular basis, you'll continue to get closer and closer.

Sex can be funny, romantic, passionate, exhilarating, fascinating, satisfying and send us into a deep sleep — whatever suits you.

Sex is often portrayed in the media as seedy and wrong, and this is a pity, because it's one of the few pleasures in life that's free.

Just enjoy sex your own way, however much, or little. There is no such thing as "normal" — we are all different, and it's OK.

## What can go wrong?

It's common for people to:-

- not feel like it
- not be able to get hard
- find intercourse painful
- worry genitals aren't normal
- hate their body
- be troubled by unwanted desires
- be unable to masturbate
- be afraid of sex
- struggle because they want sex more than their partner
- not be able to find a partner
- never reach orgasm
- never reach orgasm in partner sex
- reach orgasm too quickly
- takes too long to reach orgasm

Sex and relationship therapists can help. They are trained to make it easy for you to discuss your thoughts, sort through your problems and see a way out of them.

It's quick and worthwhile. See COSRT below.

## Helplines

Brook Advisory Service (under 25's)  
<https://www.brook.org.uk/find-a-service>

Sexual Health Direct (fpa)  
Sexwise [www.sexwise.org.uk](http://www.sexwise.org.uk)

NHS 24 (Scotland)  
Dial 111

fpa (Northern Ireland)  
07985 382 703

Sex and Disability Helpline  
07770 884 985  
[sexdis@outsiders.org.uk](mailto:sexdis@outsiders.org.uk)

London Lesbian and Gay Switchboard  
0300 330 0630 daily 10am – 11pm

Rape Crisis  
0808 802 9999

Survivors UK (male rape and sexual abuse)  
0845 122 1201

## Services and Self Help groups

College of Sexual and Relationship Therapists -COSRT  
good place to find a sex therapist  
[www.cosrt.org.uk](http://www.cosrt.org.uk)

Pink Therapy  
therapists specialising in sexual diversity  
[www.pinktherapy.com](http://www.pinktherapy.com)

Outsiders  
for physically and socially disabled people  
[www.outsiders.org.uk](http://www.outsiders.org.uk)

Nightclubs where People with Learning Disabilities  
can find partners  
type this into Google to find your local club

Respond  
for people with learning difficulties in abusive situations  
0808 808 0700

Asexual Visibility and Education Network (AVEN)  
for people who don't experience sexual attraction  
[www.asexuality.org](http://www.asexuality.org)

Circles UK  
for people who might sexually offend  
[www.circles-uk.org.uk](http://www.circles-uk.org.uk)

Press for Change  
advising people on transgender law  
08448 708165 [office@pfc.org.uk](mailto:office@pfc.org.uk)