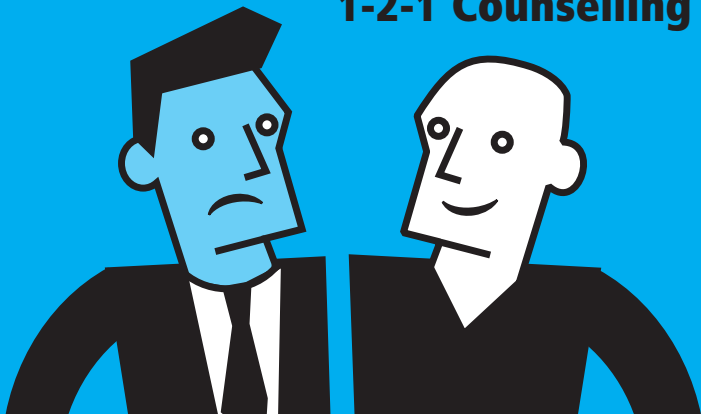




1-2-1 Counselling





One to one support services for gay and bisexual men in Nottingham

There may be times in your life when you feel in need of support from another person. Sometimes a friend, partner or family member will be the right person to offer it; sometimes you'll want to speak to someone impartial, who isn't involved with your life. Talking to an outsider who doesn't have a vested interest in what you do can make it easier to think about what you want.

Healthy Gay Nottingham can offer a variety of one to one support for gay and bisexual men. This leaflet sets out to explain what the different types of support are, and will hopefully help you decide which, if any, you would benefit from. Most of our services are free of charge, and we have strict policies on confidentiality.

Information and advice



Sometimes all you'll need is information, for instance about sexual health or HIV testing. We can offer a space to talk things through with another gay man in a confidential environment. We can also give you practical advice about what to do to look after your sexual health, and how to get tests and treatment for sexually transmitted infections. We won't be judgemental about your sexual behaviour.

This type of information and advice can often be provided on a drop-in basis, but you might want to make an appointment to make sure there'll be someone available to see you.




One-off support

You may need to talk through a specific difficulty you're having, for instance coming out or problems with a relationship. You might need some advice or help in making a decision about what to do. We can offer the chance to spend time with an impartial outsider who can help you to think things through.

This might only take one session, or a number of informal sessions spread out over a period of time.

Short-term ongoing support



It may be that you feel the need for a short period of ongoing support about a particular issue, for instance the end of a relationship. We can offer you regular appointments with the same person who will offer a listening ear and help you find your own way through things. We don't think that telling you what to do is particularly helpful, even if we've been through similar experiences ourselves. Everyone's way of doing things is different and what works for one person might not work for another.



Counselling

A period of counselling gives you the opportunity to look at things in more depth. Counselling may begin by focusing on specific areas such as:

- Sexuality,
- Identity,
- Coming out,
- Self-esteem
- Anxieties
- Drug/alcohol

However this often broadens, giving you space to focus on yourself: what makes you the way you are; why you behave in certain ways; how to relate with others. This increased awareness may enable you to make some life changes, or get to know yourself better, in a supportive environment.

The amount of sessions you will have will be decided between you and your counsellor.

What's right for you?

It might not be immediately clear what type of support you need. When you first get in touch with us we can help you decide what's going to work best for you. Needs also change; you may think you need long-term counselling, but find you get what you want from just a couple of sessions. We'll work with you to find the best kind of support. If we feel that we can't offer the help you need, we'll try to refer you on to someone who can.





Getting in touch

You can contact Healthy Gay Nottingham in several ways:

W: www.healthygaynottingham.org.uk

E: healthygaynottingham@nottinghamcity.nhs.uk

Phone or drop in @

We look forward to hearing from you.



CitiHealth NHS Nottingham