



Sex Health Wellbeing  
For Gay & Bisexual Men

SX provides support to all men who have sex with men including trans men in the NHS Forth Valley area.

We provide the following services:

- Outreach to gay and bisexual men providing information to gay and bisexual men on sexual health and testing. You will see us in and around cruising areas in Forth Valley providing condoms and lube.
- Information and advice on mobile apps.
- You can speak to SX about sexual health testing in Forth Valley. SX also provides opportunities to test by appointment for HIV, Hepatitis B and C.
- SX provides the opportunity for men to engage in thematic information sessions throughout the year. These can range from, sexual pleasure, sexual health and wellbeing to using apps to alcohol and Drugs.
- Access to condoms and Lubricant.
- One to One support.

SX provides one to one support to men where they can speak with a health improvement worker confidentially on the issues they are facing. This can range from sexual health and wellbeing, meeting other men to advice around the sex you are having and pleasure.

- Support to those who have experienced sexual assault and intimate partner violence
- Health Promotion and Training.

SX provides support to other organisations working with men who have sex with men, which includes training opportunities for support services that may wish to find out more about the health inequalities faced by this population.

- Supporting men living with HIV.

SX provides support to men living with HIV in the following ways:

- Access to a dedicated counselling service;
- Support around physical health and wellbeing;
- Dealing with new diagnoses;
- Disclosing your status;
- Meeting other People;
- Support for those affected by HIV including family and Friends.

- Chemsex Support:

SX provides support to men worried about their drug use in relation to the sex they have

- Support to organisations in the NHS Forth Valley who work with men who have sex with men.

If you would like further information around the services you can contact

[Alastair.rose@s-x.scot](mailto:Alastair.rose@s-x.scot) and or visit [www.s-x.scot](http://www.s-x.scot)