

Here to Help: THT Services in London



London services guide

The HIV and sexual health charity for life

Website: www.tht.org.uk **THT Direct:** 0845 12 21 200

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THT's services are here to support your health and to give you information, advice or support in relation to sexual health and HIV.

You can reach us online at: www.tht.org.uk; by phone:

THT DIRECT  0845 12 21 200

or in person. This guide gives details of the services you might want to use, and how to find out about them. You will be able to access many of our services at sites across London.

What are sexually transmitted infections, how do I get them, how are they treated, how do I know if I have one?:

Visit www.tht.org.uk for information.

Speak to someone at THTDirect about it, and for information about sexual health testing clinics. Call: **0845 1221 200**

Where can I get an HIV test?

Attend one of our drop in Fastest Clinics for HIV testing at Waterloo, Peckham and Notting Hill.

THTDirect for information about sexual health clinics.

Call: **0845 1221 200**

Search for sexual health clinics on THT's website. www.tht.org.uk

Who can I talk to?

Contact the counselling service for face to face counselling for individuals and couples. Call: **020 7812 1777**

THTDirect Helpline for telephone support. Call: **0845 1221 200**

Come to a support group to meet others who are HIV+.

Call: **020 7812 1777**

Where do I get advice about housing, benefits, immigration?

THTDirect. Call: **0845 1221 200**

The South London advice team. Call: **020 7803 1660**

Is there anyone who can give me support at home?

Contact our Community Support team who provide emotional support as well as practical action planning in or near your home to people who are HIV+. Call: **020 7812 1724**

What can you do to help relieve my HIV symptoms?

Try one of our complementary therapies, which can help with pain relief, digestive problems, stress, neuropathy. Call: **020 7812 1777**

Attend one of our Recently Diagnosed Courses and learn information which helps you manage your own health. Call: **020 7812 1777**

What services do you provide for African people?

African Emotional Support – a face to face service for Africans by Africans to help people through anxious times. Call: **020 7812 1777**

Africa Days – peer group meetings every two months at Lighthouse West London focusing on information and support about a range of issues for people who are HIV+. Call: **020 7812 1777**

Come to one of our Recently Diagnosed Courses Call: **020 7812 1777**

Get Advice from Lighthouse Kings **020 7737 9740**, Lighthouse South London **020 7803 1660** or Lighthouse East London **07966 684730**.

Talk to our Assisted Information worker at Kings, Guys and St Thomas' Hospitals **020 7803 1660**

For a referral to other agencies for housing, benefits, immigration support or to enquire about a Hardship or Emergency Fund applications call: Lighthouse Kings **020 7737 9740**, Lighthouse South London **020 7803 1660** or Lighthouse East London **07966 684730**.

Come to Maisha Mema, a course for people who are HIV+ and want to learn skills to cope with feeling low or worried, and to improve relationships with partners and children. Call: **020 7812 1777**

How can you help me if I've recently found out I'm HIV+?

Come to one of our Recently Diagnosed Courses. Call: **020 7812 1777**

Come and talk to a counsellor in confidence. Call: **020 7812 1777**

Have a chat with someone on THTDirect. Call: **0845 1221 200**

Join the Newly Diagnosed Gay Mens Group. Call: **020 7812 1777**

Get advice and signposting from our Assisted Information worker.
Call: **020 7803 1660**

Get Referrals from one of our Assessment workers.

Call: **020 7812 1777** or Lighthouse Kings **020 7737 9740**,
Lighthouse South London **020 7803 1660** or Lighthouse East
London **07966 684730**.

I'm a gay man. What do you have for me?

Gay mens sexual health counselling for any gay man with concerns about sex or relationships. Call: **020 7812 1777**

The Gay Mens Group for men who are HIV+. Call: **020 7812 1777**

The newly diagnosed Gay Mens Group. Call: **020 7812 1777**

LADS – outreach workers in clubs and sex venues with information and support. Look for us on the scene

NRG – group for young lesbian gay and bisexual people.
Call: **020 7803 1660**

HighNRG – support for young gay, lesbian or bisexual people who are worried about drugs and alcohol use. Call: **020 7803 1660**

I'm a professional wanting to know what advice to give my clients – who do I contact?

THTDirect. Call: **0845 1221 200**

I'm 19 and I don't feel comfortable in places with a lot of older people – where do I go?

NRG – group for young lesbian, gay and bisexual people.

Call: **020 7803 1660**

16-25 counselling – Call: **020 7812 1777** Or email info.counselling@tht.org.uk for counselling for people between the ages of 16 and 25.

Come to the U20 clinic at Kings College Hospital for sexually transmitted infections tests, or to talk to one of our young people's counsellors – for people up to the age of 20.

Look for information on the website www.tht.org.uk

I need to talk to somebody who understands about drugs. Who do I contact?

HighNRG – who provide support for young gay, lesbian or bisexual people who are worried about drugs and alcohol use.

Call: **020 7803 1660**

LADS outreach workers in clubs.

Check the website for information www.tht.org.uk

Talk to a counsellor. Call: **020 7812 1777**

I'm not African and I'm not gay and I don't feel I fit in the HIV world – what about me?

Come to Str8talk – a group for HIV+ straight people.

Call: **020 7812 1777**

Talk to a counsellor. Call: **020 7812 1777**

I'm a sex worker – how can I be sure that people will respect my choices?

Contact SW5 for testing, treatment, social support and advice.

Call: **020 7370 0406**

Meet an outreach worker at Boyz, a brothel or on Gaydar to talk things through.

THTDirect for referrals to specialised clinics. Call: **0845 1221 200**

I'm bi-sexual and everything I read is directed to gay or straight people – where do I get information relevant to me?

Check the website for information and materials www.tht.org.uk

Come and talk to a sexual health counsellor. Call: 020 7812 1777

I'm HIV-, and my partner is HIV+ – do you have support for me?

Come and talk to a counsellor. Call: 020 7812 1777

Check the website for information and leaflets www.tht.org.uk

THTDirect for support and information. Call: 0845 1221 200

I want to volunteer for THT

Check the website www.tht.org.uk

Speak to our Volunteer Co-ordinator to find out more about the recruitment process, training and what opportunities are available.

Call: 020 7812 1721