

**ERECTILE DYSFUNCTION?**

# The Couples Guide to Revitalising Your Sex Life in 10 Steps

A 10 step plan for you and your partner

*Written by Susan Quilliam*



**SORTED** IN **10**

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## SORTED IN 10



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### FOLLOWING THE PLAN

- **Essential:** Begin with Step One and work your way through each step
- **Optional:** add in one or more of the '10 Minute Tips'
- **Advisable:** use the 'Long Term Plan' suggestions to build on success
- If you get stuck at any step, ask yourself what has stopped you moving on
- When you reach Step Ten, use the checklist to see how you are doing
- For further advice, log on to the website [www.sortedin10.co.uk](http://www.sortedin10.co.uk)



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**Susan Quilliam**

## EVERYONE DESERVES A BRILLIANT SEX LIFE. BUT WHAT IF YOURS ISN'T AS GOOD AS IT COULD BE? WHAT IF YOU, OR YOUR PARTNER, HAVE ERECTILE DYSFUNCTION?

**Perhaps arousal is more difficult than before. Perhaps it doesn't happen as often - or doesn't happen at all. And perhaps it is also affecting the rest of your love life.**

*The Couples Guide to Revitalising Your Love Life in 10 Steps* helps both of you get back the sex that you want and deserve. This ten-step plan has been specially written for men with erectile dysfunction and their partners - it tells you exactly what to do to get your love life back on track.

Whilst this guide is exclusively designed for couples affected by erectile dysfunction, it is important to remember that women sometimes experience sexual set backs too. If you think this might be the case for you or your partner, then make sure you use this opportunity to address any of these issues as well to ensure that you give yourselves the best chance you can of getting your sex life sorted.



## COMMENT FROM SIR STIRLING MOSS

Sir Stirling Moss is probably the most versatile motor racing driver of all time winning not only in Formula One, Two and Three but in hillclimbs, sports and touring car races, rallies and world speed record events. His career ended in a horrific crash at Goodwood on Easter Monday 1962, which left him partly paralysed for six months and experiencing erection difficulties. The condition returned after he had his prostate removed in 2001 and now Sir Stirling spearheads the SortED in 10 campaign in the UK.

**Sir Stirling Moss, OBE**

In 2004 as part of the launch of SortED in 10, a national men's health campaign, I spoke out for the first time about my erection difficulties because I thought it was about time someone stood up and admitted to having what is a very common problem.

This booklet contains a wealth of useful advice for couples who are in a similar position to me and my wife. Over half of men over forty suffer from erection difficulties at some time so here is no reason for anyone to feel embarrassed or avoid seeking help, particularly when there are simple and effective treatments available. So whatever the problem; Don't be embarrassed. Talk to your doctor. All it takes is ten minutes.

**Good luck!**

# STEP ONE - SO WHAT IS ED?

IF YOU'RE READING THIS, YOU OR YOUR PARTNER WILL KNOW - OR BE FAIRLY SURE - THAT YOU HAVE ERECTILE DYSFUNCTION. YOU'RE NOT ALONE. OVER TWO MILLION MEN IN THE UK HAVE ED. THE GOOD NEWS IS THAT IT'S ALMOST ALWAYS POSSIBLE TO SORT IT. STEP ONE IS TO UNDERSTAND WHAT'S GOING ON.

## WHAT HAPPENS?

Normally, when a man gets aroused, blood flows into his penis to harden it. But if insufficient blood goes into the penis - or not enough blood stays there once it's in - then a man will have a very soft erection or no erection at all. What makes this happen? It can be down to the mind or the body, but in about 75% of all cases there is a physical cause, and there are simple medical solutions.

## WHY ME?

ED doesn't just happen automatically with age - it is usually caused by specific physical or psychological causes, or lifestyle choices. But don't panic. ED can often be an early warning sign for a physical condition, such as diabetes, and identifying the problem now means you can take the appropriate action and prevent it and the condition getting worse.

## Physical causes

- heart disease
- diabetes
- prostate problems
- an operation e.g. prostatectomy
- an injury to the pelvis or spinal cord
- obesity
- some medications can also cause ED

## Lifestyle causes

- smoking
- alcohol use
- recreational drugs

## Psychological causes

- lack of self confidence
- life stress
- relationship problems

## WHY BOTHER SORTING IT OUT?

It's tempting to see ED as just 'one of those things' and do nothing. But ignoring the problem doesn't only mean you're failing to sort your sex life. It also means that if your ED is a sign of an underlying condition, you're failing to sort that too. Taking no action can also make ED worse because of the psychological impact - the more you lose confidence in your erection the more likely it is you won't have one! And why hesitate? There are many treatments for ED and a high chance your doctor or nurse will be able to offer you an effective solution.

# STEP TWO - OVERVIEWING THE PROBLEM



## 10 minute tips

- Take 10 minutes to think about how ED has affected you
- Consider how ED might be affecting your partner
- Think how your relationship has changed since your ED began

ED ISN'T JUST A MAN'S PROBLEM, IT ALSO AFFECTS HIS PARTNER, AND IT AFFECTS THEIR WHOLE RELATIONSHIP. IN STEP TWO, GET AN OVERVIEW OF JUST HOW FAR REACHING THE IMPACT OF ED MIGHT BE.

### IMPACT ON HIM

Sex is a key part of a man's life. So when he can't perform, that not only takes away his sexual pleasure, but can also create:

- lowered self-confidence
- doubt that he's a 'real man'
- embarrassment about admitting the problem
- guilt that he can't give his partner pleasure through intercourse
- anger at what's happened
- helplessness that he can't solve the problem
- worry that ED signals old age
- depression

### IMPACT ON HER

Sex is a key part of a woman's life too. And particularly if she gets her main sexual pleasure through intercourse, she could also be significantly affected. Much of the effect of ED on a female partner is psychological not physical. She may think his lack of erection means he doesn't find her attractive any more, doesn't love her any more, or has found someone else. She may start to feel insecure, doubt herself, blame herself and feel guilty.

### IMPACT ON US

It is a sad fact - ED plays a major part in one in five relationship breakdowns. The man may withdraw physically, not even feeling able to give his partner a cuddle because he doesn't want it to lead to sex. He may also withdraw emotionally because he feels he can't worry his partner with his problems. She on the other hand could be feeling angry, rejected, unloved and start to pull away emotionally.



## STEP THREE - REACHING OUT



WHEN SIR STIRLING MOSS DISCOVERED HE HAD ED IN 2001, HE TALKED TO HIS WIFE ABOUT IT AND TOGETHER THEY FOUND A TREATMENT TO HELP THEM GET BACK THEIR SEX LIFE. STEP THREE SHOWS YOU HOW TO TALK ABOUT THE SUBJECT WITH YOUR PARTNER.

### WHY TALK?

Solving the problem of ED is much easier if you and your partner are being open about it. You'll both feel better because you're being honest. You'll take away the feelings of blame and guilt. And solving the problem will become a team effort, not something you need to do alone.

### TELL YOUR PARTNER:

- choose a time when you're both rested, relaxed - and sober!
- make sure you won't be distracted or interrupted
- begin simply: "I'm worried about my part in our love life"- or show your partner the boxed words on this page
- outline what the problem is
- say what you feel, so she can sympathise
- reassure her that you're not blaming her and still care for her
- explain what you'd like to do, so she knows you've a solution in mind
- tell her what you need her to do, so she's aware of how to support you

### 10 minute tips

Take 10 minutes to think through how to mention the subject to your partner. Then set aside far more than ten minutes to talk!

### Looking ahead

Here's some good news. Research in 2005 suggests that once an ED problem is solved, the female partner's sex life will improve as well. Make a promise to each other that you will keep talking openly about your ED and work together to get it sorted.

### FOR HER:

#### Do:

- talk about it - if necessary, show your partner the boxed words on this page
- be clear it is often a medical problem and not his fault
- support him to get help

#### Don't:

- joke about ED - he'll feel laughed at
- try to arouse him - he'll feel pressured
- blame yourself - that'll make him feel even more guilty

### ➔ From Him to Her

"You may have noticed our love life hasn't been as active as it used to be. This isn't anything to do with you or my feelings for you - I'm just having trouble getting an erection. I really want to talk about this and get help to sort it out."

### ➔ From Her to Him:

"I feel our love life hasn't been as active lately - I wonder whether you've been having trouble getting an erection. If so, I know it's not your fault and that you still care for me. If you're willing, I'd really like to talk about this and get help to sort it out."

# STEP FOUR - TAKING STOCK



## 10 minute tips

- It will take even less than ten minutes to pick up the phone and book that surgery appointment
- Put in the time to answer the checklist questions on this page
- Take your partner along to your visit with your doctor if possible, or if not, take a notebook so you can make a record of what you're told

IT TAKES GUTS TO TELL A DOCTOR OR NURSE ABOUT YOUR ED. BUT HE OR SHE CAN'T KNOW WHAT YOUR PROBLEM IS UNTIL YOU MENTION IT - SO UNLESS YOU MAKE THE FIRST MOVE, YOU WON'T GET ANYTHING SORTED. IN STEP FOUR, FIND OUT HOW TO PREPARE FOR YOUR SURGERY VISIT.

## CONVINCING YOURSELF

### YOU MAY NOT WANT TO GO BECAUSE:

- it seems too embarrassing an issue
- you think it will sort itself soon
- you're convinced nothing will help
- your sex life is private
- treatment you tried in the past didn't work

### BUT WHAT YOU MAY NOT KNOW IS THAT:

- medical professionals are used to hearing about ED; it's a standard problem
- 50% of men struggle on for 2 years before realising their ED isn't getting better
- most cases of ED can be quickly and easily sorted
- the medical professional has to keep your details completely confidential
- there is now a range of treatments that could solve your problem

## PREPARATION

You'll get much more out of your appointment if you think things through ahead of time. Consider preparing the answers to these questions, which the doctor or nurse may ask so they can diagnose your problem.

1. Can you get an erection at all?
2. If so, can you get one with a partner or only on your own?
3. Do you wake up with an erection in the morning?
4. If you get one, how long does it last?
5. Do you lose it all the time or just sometimes?
6. Does it go suddenly or fade away slowly?
7. Are you able to penetrate your partner?
8. Are you ejaculating normally?
9. Do you still want sex as much as you used to?
10. How long have you had the problem?
11. Any changes in your general health - sleeping, eating, drinking?
12. Any swellings, pain, bleeding, discharge, lack of feeling?
13. Any recent injuries, illnesses or operations?
14. Do you smoke, drink, take recreational drugs, exercise?
15. What medications are you taking?
16. What's happening in your life right now - any big changes, any major stresses?

## Ways to make it easier

You could find yourself not making - or not keeping - a surgery appointment due to nerves or embarrassment. So consider taking your partner with you for support. They may also help you to remember everything that you need to mention.

# STEP FIVE - ENLISTING MEDICAL HELP



## 10 minute tips

Get your prescription filled right away. To keep it regularly filled, you could use a reputable

online pharmacy such as [www.pharmacy2u.co.uk](http://www.pharmacy2u.co.uk)

ONCE YOU'VE GOT YOURSELF TO THE SURGERY, YOU'VE TAKEN THE BIGGEST LEAP. STEP FIVE EXPLAINS HOW TO MAKE THE MOST OF YOUR APPOINTMENT.

## BREAKING THE ICE

If you're embarrassed to mention the big issue, try these lead ins: "I've heard a lot about erectile dysfunction and think I might be affected - can we talk about it?"; "My sex life is not what it was - maybe you can give me some advice."

It's really not likely the doctor or nurse will be embarrassed. But if they are, you can ask for an appointment with another health professional in the practice.

## WHAT WILL HAPPEN

The doctor or nurse will begin by asking the sort of questions in Step Four to get an idea of your symptoms and possible causes. They may also carry out some simple tests such as checking your blood pressure, examining your genitals, listening to your heart beat. The doctor or nurse may arrange for further tests for conditions such as diabetes to check if there is an underlying cause that needs treating too.

## WHAT TO ASK

Here are some questions you might want to ask. If the doctor or nurse can't answer right away, ask them to get back to you with the correct information.

- 1: What might be causing my ED?
- 2: What treatments are available to me?
- 3: How do these treatments work?
- 4: Am I eligible for treatment on the NHS?

## THE TREATMENTS

Your doctor or nurse may be able to suggest treatment during your very first appointment. No one treatment is best or in fact suitable for everyone - here are the options. If you don't like the sound of a particular treatment, then say so.

- tablets - Levitra, Viagra or Cialis - these tablets are now the most commonly prescribed treatment for ED and work for about 80% of men with the condition.
- injection therapy
- tablets or pellets inserted into the penis
- a vacuum tube to create an erection by suction
- surgical implants, semi-rigid or inflatable
- hormone therapy
- counselling, for confidence or relationship difficulties

## Looking ahead

- If your doctor or nurse asks for further tests or refers you to a specialist, ask why they're suggesting you are referred and what will happen. The more you know, the more relaxed you'll be about going
- Make sure you have a follow-up appointment to check progress - particularly so that if the treatment isn't working perfectly, you get that sortED

# STEP SIX - DOING THE HEALTHY THING



WHATEVER TREATMENT OPTION YOU USE TO TREAT YOUR ED, ENSURE YOU ARE LEADING A HEALTHY LIFESTYLE. IN STEP SIX, MAKE A START.

## GETTING HEALTHY

- Eat well - to maintain a healthy weight, don't overeat, avoid anything too sugary or fatty
- Drink well - stick to a maximum of two alcoholic drinks each night; if you're thirsty, drink water
- Move well - to keep fit and healthy every day, take exercise that raises your heartbeat
- De-stress well - cut down on stressful work and too much responsibility
- Sleep well - get 8 hours each night, more if you can
- Live well - take time for yourself, your partner and your family

## 10 minute tips

- Get into the habit of taking a brisk 10 minute walk during your lunch hour
- Start eating an apple rather than a donut at tea break
- Take a little time each day to relax and let your mind wander

## WHAT TO AVOID

Too much alcohol makes it more difficult to get aroused on the night you drink. But also, over time, it can create loss of performance. Cut down now.

Smoking affects your health on every level - and causes loss of desire and performance. Bottom line, if you want a good sex life, you have to stop smoking.

## Sex not only feels good. It also...

- tones your muscles
- reduces your risk of heart disease
- strengthens your bones
- maintains prostate health
- lowers cholesterol
- improves circulation
- burns calories
- boosts your immune system
- gets your hormones humming
- detoxes your body
- slows the ageing process
- helps you live longer

## FOR HER

The more you can support your partner to improve his health, the more he'll be able to do just that. Often the best way is to offer to diet, exercise or give up smoking alongside him.

## Looking ahead

The more support you get, the more chance you'll have of success in building a healthy lifestyle. See the resources section at the back of this booklet for support suggestions.

# STEP SEVEN - IMPROVING YOUR ATTITUDE



## 10 minute tips

- Take ten minutes to consider how you could think about sex more positively
- Spend the occasional few moments dreaming about the good sex you've had with your partner
- Take time to hope about sex - from now on, the sex you have could be the best you have ever had

**SORTING YOUR ED ISN'T JUST ABOUT GETTING YOUR ERECTION BACK. THE PROBLEM MAY HAVE LEFT YOU WITH MENTAL BLOCKS THAT NEED TO BE CLEARED BEFORE YOU CAN HAVE GOOD SEX AGAIN. STEP SEVEN HELPS YOU THINK MORE USEFULLY AND POSITIVELY.**

**Don't buy into the following myths. You'll feel more ready for sex if you're clear about the truth.**

### THE MYTH

- other men are always ready for sex
- if we don't have great sex, that's my fault
- I need an erection in order to satisfy my partner
- during sex you only get one chance at an erection
- as I get older, I can't expect to perform well

### THE TRUTH

- erectile problems are very common - one in two men over forty are affected at some time
- it takes two to tango
- most women rate erection less important than affection, cuddles and other stimulation
- for most men their erection comes and goes
- even among the over-seventies, severe ED affects only a minority

### POSITIVE THOUGHTS TO BUILD YOUR CONFIDENCE

- Remember ED is also a symptom - flag up the problem so you can solve it
- Forget times you haven't been able to perform. The more you remember them, the more likely it is you'll repeat them
- Feel great about having taken action to sort your ED - many men don't have the guts to do that
- Be proud of what you do well in life outside the bedroom - at work, with family and friends, in your relationship
- Look forward and feel good about the ways you expect to live well in the future

### Sex has lots of mental and emotional benefits. It...

- increases your self esteem
- helps you think more clearly
- helps to reduce depression
- relaxes you
- releases endorphins to raise your mood
- increases self reliance
- gets you more in tune with yourself
- raises your confidence levels

### FOR HER

If your partner gives himself a hard time over his performance, lovingly reassure him. If he can sense you're not worried, he'll feel a whole lot better himself.

### Looking ahead

If down the line you slip back into non-useful thoughts about sex and performance, stop yourself right there. Remember that a relaxed approach to sex is better for you and for your partner. Then rethink your thoughts to more positive ones.

# STEP EIGHT - NEW BEGINNINGS



## 10 minute tips

- Take ten minutes to think through the things you appreciate about your partner
- Take the time to tell them what you appreciate
- Say thank you by doing some small thing for them that you know they will like

AS YOU START TREATMENT, YOU'LL NEED TO KEEP TALKING TO YOUR PARTNER IN ORDER TO MAKE YOUR NEW SEX LIFE REALLY WORK. STEP EIGHT SHOWS YOU HOW.

### HOW TO TALK

Talking about sex may not feel comfortable following ED and a time of not having intercourse, but take the leap and be direct and honest. Don't hold back. Be specific - the more you each understand what the other wants, the better. There's no need to be too serious - fun, affection and a good sense of humour will always help. Most of all, show each other that you care.

### TALK TO YOUR PARTNER ABOUT:

- how you'd each like sex to be
- how your needs have changed since you were last regularly making love
- what you're each anxious about
- one thing you'd each like your partner to do differently - avoid blame here
- three things your partner does wonderfully
- the most romantic, loving sex you've ever had together

### FOR HER

Most men feel most loved when they're having physical contact. So don't just rely on talking to bring you close. Cuddles and physical contact may be the best way for him to recontact his emotional bond with you - so reach out to him as much as you can.



Good partnership results in good sex. And good sex builds good partnership because it makes you feel, good about yourselves, good about each other, relaxed, secure, in the mood for talking, in synch physically and emotionally, and loving.

# STEP NINE - INTIMACY REDISCOVERED



## 10 minute tips

Take ten minutes each to exchange a sensuous back rub to relax you and put you into a loving mood



WHEN YOU HAVEN'T MADE LOVE FOR A WHILE, YOU NEED TO TAKE THINGS AT THE RIGHT PACE - FOR BOTH OF YOU. STEP NINE EXPLORES HOW TO START AGAIN, SUCCESSFULLY.

## STARTING AGAIN

- Build confidence and make emotional contact before even thinking about sex
- Start with morning hugs and goodnight kisses to get you back into the habit
- Move onto snuggling on the sofa in the evening to get closer
- Watch some romantic films
- When you decide to try lovemaking, don't go straight for intercourse
- Be relaxed yourself - don't try to perform
- Be aware of your partner - how they like to be touched, how they are responding
- Touch and kiss to build trust and arousal
- Tell your partner when something feels good and ask them to tell you what works for them
- Forget about getting it right. Instead; relax, experiment, play, enjoy

## TROUBLESHOOTING

### IF...

- you can't get aroused
- you get aroused but it fades
- you get aroused but are scared it will fade

### DON'T WORRY, JUST...

- do more of anything that feels good, do less of anything that feels bad
- relax, concentrate on the sensations, add more stimulation
- make love quickly - in future you'll have more confidence and can take your time

## FOR HER

If he sometimes still has difficulty with his erection, help him not to panic - this will only make things worse. Cuddle, tell him you care, try again in a while.

## Looking ahead

Long term, get into the habit of putting time, space and energy into lovemaking. So create a good space for sex, for example a romantic bedroom with soft music. Create time for sex - set your alarm clock early or have an early night. Create the energy for sex - wind down from the day before you even think about making love.

# STEP TEN - ONWARD AND UPWARD



## 10 minute tips

- Take ten minutes each day to fill in a progress diary
- Take time to think through whether there are any remaining blocks to getting your sex life back on track
- Devote some loving time to your partner - to build your love in and out of the bedroom

EVEN ONCE YOU GET YOUR CONFIDENCE BACK, YOU NEED TO KEEP CHECKING PROGRESS. STEP TEN SHOWS YOU HOW TO MEASURE HOW FAR YOU'VE COME AND PLAN WHAT MORE YOU NEED TO DO.

## WHAT'S YOUR PROGRESS?

Tick yes or no

- |  |                              |                             |
|--|------------------------------|-----------------------------|
| 1. Are you making love more?                                     | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 2. Is your lovemaking successful?                                | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 3. Is your lovemaking enjoyable?                                 | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 4. Are you getting treatment for any medical problems?           | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 5. Are you on track for improving your health?                   | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 6. Are you thinking positively about sexuality?                  | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 7. Are you and your partner talking about what's happening?      | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 8. Are you and your partner satisfied with how things are going? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |

## IF THE TREATMENT DOESN'T WORK

Some treatments need some getting used to, or some adjustment in dose so they're right for you. So don't worry if it doesn't work first time. Also, it may take a while to get back into making love again - sheer nerves may spoil your chances.

- relax - there's lots you can do
- check you're following your treatment guidelines
- confide in your partner so it doesn't become an issue
- try again in a few days
- go back for another medical appointment and ask about what might be going wrong

## REPORTING BACK

Whether or not the treatment is working, report back to your doctor or nurse on your progress. Take with you the answers you gave to the 'What's your Progress?' questions on this page so they know what's happening now. You may need a change of treatment, a change of dosage, or other changes in the way you're taking the treatment.

## FOR HER

Your partner may need you to encourage him to go back for follow-up appointments. Help him realise that it's sensible - and his right - to keep going back until he finds a treatment that suits.

## Looking ahead

- Keep working on your general health, monitoring problems with regular health checks
- Keep focussed on having a good sex life. And if there's ever a problem again, you know what to do. Make that appointment and get it Sorted
- Keep working at your relationship: talk regularly, clear any bad feeling, and appreciate each other

# USEFUL RESOURCES



## If you need help for weight loss, health building or stress reduction:

- for him: [www.bbc.co.uk—mens](http://www.bbc.co.uk—mens)
- for over 50s:  
[www.bbc.co.uk—health\\_over\\_50](http://www.bbc.co.uk—health_over_50)
- NHS direct: [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

## If you need resources for sexual problems:

- SortED in 10 campaign:  
[www.sortedin10.co.uk](http://www.sortedin10.co.uk)
- British Association of Sexual and Relationship Therapy:  
[www.basrt.org.uk](http://www.basrt.org.uk)  
helpline: **020 8543 2707**  
e-mail: [info@basrt.org.uk](mailto:info@basrt.org.uk)
- Sexual Dysfunction Association:  
[www.sda.uk.net](http://www.sda.uk.net)  
helpline: **0870 7743571**

## If you need resources for relationship problems

- Relate: [www.relate.org.uk](http://www.relate.org.uk)  
helpline: **0845 130 4010**  
e-mail central office at:  
[enquiries@relate.org.uk](mailto:enquiries@relate.org.uk)

## If you're hitting a life problem that's affecting sex:

- Alcohol: National Drinkline **0800 917 8282**
- Bereavement: CRUSE  
[www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)  
helpline: **0870 167 1677**  
email: [helpline@crusebereavementcare.org.uk](mailto:helpline@crusebereavementcare.org.uk)
- Depression: Depression Alliance  
[www.depressionalliance.org](http://www.depressionalliance.org)  
helpline: **0845 123 2320**
- Drugs: Talk to Frank  
[www.talktofrank.com](http://www.talktofrank.com)  
helpline: **0800 776600**  
email helpline: [frank@talktofrank.com](mailto:frank@talktofrank.com)
- Family planning:  
[www.fpa.org.uk](http://www.fpa.org.uk)  
helpline: **0845 310 1334**
- Family problems:  
Institute of Family Therapy:  
[www.instituteoffamilytherapy.org.uk](http://www.instituteoffamilytherapy.org.uk)
- Infertility: Infertility Network UK  
[www.infertilitynetworkuk.com](http://www.infertilitynetworkuk.com)  
advice line: **08701 188088**
- Parenting: Parentline Plus:  
[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)  
helpline: **0808 800 2222**
- Smoking: NHS Smoking Helpline:  
[www.givingupsmoking.co.uk](http://www.givingupsmoking.co.uk)  
helpline: **0800 169 0169**

## ADVERTORIAL

This booklet is brought to you as part of the SortED in 10 campaign.  
SortED in 10 is a national men's health campaign, sponsored by Bayer Healthcare,  
to encourage men with erection difficulties to seek help from their GP.

**[www.sortedin10.co.uk](http://www.sortedin10.co.uk)**

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