

SEXUAL HEALTH COUNSELLING

HGL PROVIDES FREE CONFIDENTIAL COUNSELLING
TO INDIVIDUALS AND COUPLES ON
SEXUALITY AND THE MAINTENANCE OF SEXUAL HEALTH

- Sexual confidence building
- Sexual abuse
- Sexual risk taking
- HIV status
- Sexual compulsiveness
- Open relationships
- Sero-discordant relationships

“ I FOUND IT EASY TO TALK AND IT HELPED ME CLARIFY
IN MY OWN HEAD THE RISKS I WAS TAKING ”

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