

# C H E M S E X

## engaging in high-risk sexual activities under the influence of drugs

- Are you worried about your sexual risk taking when substance affected?
- Can't remember the last time you had sober sex?
- Is your partying, drug and alcohol use not as fun as it used to be?
- Is your drug / alcohol use having an impact on your relationship & friendships?
- Is your job at risk due to the amount of time you have had off from work?
- Is your partying spilling into the week?
- Are you experiencing financial difficulties due to your on-going alcohol or drug use?

**Brighton and Hove has a specific service to support men who have sex with men (MSM) engaging in chemsex. Contact Pavilions for an informal, non-judgemental chat.**



### Drop in:

Richmond House  
Richmond Road  
Brighton BN2 3RL  
[view map](#)

### Call Pavilions:

Freephone number **0800 014 9819**  
or local rate number **01273 731900**

You will be allocated a Care Co-ordinator who will be your point of contact during your time with us. Your Care Co-ordinator will support you on a one to one basis, whether you want to:

- Assess and cut down your drug or alcohol use
- Work towards being drug or alcohol free
- Explore how you can use more safely
- Identify what has triggered your drug or alcohol use to become problematic
- Find ways to look after your health while you continue to use
- Take control over the sex you have while using drugs or alcohol
- Get better informed
- Play more safely
- Work towards a chem-free weekend/a chem-free month
- Discuss hooking-up apps/online sites (negotiating risks, setting boundaries, profile-writing, compulsive use)
- Get clean needles/safer injecting information
- Get a sexual health screen, vaccinations

**If you are going to get involved in chemsex, it is important that you know how to keep you and your partners as safe as possible.**