

Sex and sexual health are dependent upon many mental functions which can be affected by mental health:



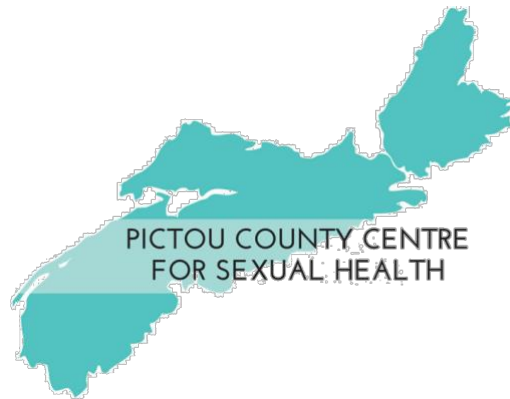
Lower Sex Drive:

Mental illnesses, like depression OR the medications used to treat them can cause a loss of libido, or sexual dysfunction making intimacy and romantic relationships difficult. These medications may be necessary for the individual to function day-to-day, causing an unfortunate trade off to one's sexual health. Loss of sex drive can cause complications even in already existing relationships, as sexual partners may have higher expectations of sex and intimacy.

Who We Are

About Us

We are a non-profit, pro-choice organization serving people of all ages in Pictou County by providing comprehensive and accessible sexual and reproductive health services in a safe, confidential and non-judgmental manner.



Contact Us

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We are a funded agency of
United Way of Pictou County



How Does Mental Health Affect Sexual Health?





Risky Behavior:

Bipolar disorder has a mania component which may lead to an individual engaging in risky sexual behaviors. This may include unprotected sex, or engaging in sex with strangers; increasing risk of sexual violence. Use of drugs and alcohol may affect the person's ability to consent or make proper judgement about safe sex practices.



No Motivation:

Decreased motivation, or feelings of fatigue caused by mental illness can lead to neglecting self-care. Many people living with depression may feel their bodies are not deserving of affection because of a decline in their hygiene or grooming, creating strain in relationships. This drop in self confidence has a direct effect on sexual drive, as it is important for the individual to feel attractive in healthy sexual relationships.



Lost Connections:

Mental illnesses such as Social Anxiety and Schizophrenia may cause isolation from meeting potential sexual partners and forming healthy relationships. Stigma toward mental illness can create walls for those struggling with mental health issues.

Feeling Hopeless? There's Help!

Mental and sexual health problems can both be managed by talking to healthcare professionals.

Mental Illness does not need to limit your sexual wellbeing. For more information on how to manage the effects of mental health on your sexual health please contact us or talk to your doctor.



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