

## **Sex Addiction: 5 times a day wasn't enough**

Sex addiction divides expert opinion, but for some people it is a very real condition that can be shameful and even "life-destroying". As relationship charity Relate calls for help to be made available on the NHS, two sufferers speak about the impact it has had on their lives. Follow this link to read their stories: <http://www.bbc.com/news/uk-england-43921760>

### *Sexual Addiction Programme from Relate Cambridge*

Relate Cambridge offers has a team of experts offering individual therapy for those who are suffering from an out of control sexual behaviour.

#### **What is sexual addiction?**

Sexual addiction describes any sexual behaviour that feels like it is controlling an individual, including compulsive sexual thoughts and acts. The behaviour itself does not define it as an addiction, but rather the dependency on it as a go to behaviour. Sometimes this is to escape negative emotions or purely to seek pleasure, but always with a negative impact on those affected, their values and on those closest to them. Most people with sex addiction will want to - and have tried to stop or limit their behaviour - only to find it is increasing.

For more information or to book an appointment, contact Relate Cambridge on 01302 347 866  
Mon-Fri 9am-5pm (confidential answerphone at all other times)  
or visit [www.relatecambridge.org.uk](http://www.relatecambridge.org.uk)

**ENDS**

**For all media enquiries contact Elaine Taylor on 01302 347712**

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**Relate Cambridge – supporting relationships at every stage of your life**

#### **Notes to editors:**

- Work with us at Relate Cambridge – we currently have vacancies for Trustees and volunteer receptionists.
- Relationships are the beating heart of our lives – when they aren't healthy, we suffer. That's why Relate, the UK's leading relationship support charity, is here to help.
- Relate champions the importance of strong and healthy relationships for all as the basis of a thriving society.
- Nearly 3 million people in the UK are in distressed relationships – that's 1.4 million families at breaking point.
- Relate's work helps prevent loneliness, depression, abuse, homelessness, debt and many other life-shattering events that can happen when relationships go wrong.
- Relate's non-judgmental services helped more than 1.5 million people last year, of all backgrounds and sexual orientations.
- Relate celebrates its 80<sup>th</sup> birthday in 2018.
- Visit [relate.org.uk](http://relate.org.uk) or call 0300 100 1234 to find out more.
- Relate is a registered charity number 207314.