



# Mental Health and MSM

Glenn de Swardt



**USAID**  
FROM THE AMERICAN PEOPLE



**ANOVA**  
HEALTH INSTITUTE  
TRUST / SUPPORT / INNOVATE

**HEALTH  
4MEN**  
*top to bottom*

**Health4Men is a project of the Anova Health Institute working with high risk MSM (men who have sex with men) populations, including CSWs, IDUs, refugees and men in prisons**

- Established the first clinic for MSM in Africa
- Currently have clinics in Cape Town, Khayelitsha and Soweto, and provide medical services in Pretoria
- All services, including ARVs, are free of charge

## Services include the following:

- Comprehensive sexual health and HIV-related medical plus psychosocial services
- Bio-medical and psychosocial research
- Training and technical support
- Outreach, preventive messaging



## Mental health services offered:

- Psychosocial assessments and counselling
- Same-sex couple counselling
- Support groups
- Psychiatric service
- Harm reduction programme



## Psychosocial assessments:

- Depression & anxiety, often related to internalised homophobia, & loneliness, social isolation
- Substance misuse and abuse
- Axis II, cluster B dynamics
- Sexual dysfunctions
- Sexual 'addictions' & 'anorexia'



## Psychosocial therapy:

- Limited contact - direct
- Individuals and same-sex couples
- Sex-positive model
- Referral for longer-term counselling
- Referral to groups when appropriate



## Couple counselling:

- Available models very hetero-normative, inappropriate
- Didactic content – sero-discordant, sex
- Complex power dynamics
- Co-dependence, enmeshment
- Negotiating boundaries – open versus closed relationships

## Sexual dysfunctions:



- DSM IV classifications hetero-normative, no reference to anal sex:  
*Anal Inhibition Syndrome*

- Performance anxiety related to being top / penetrative

- Fetishes

- Recreational substances



## Other themes:

- Two critical developmental stages:

1. **Coming out**, especially in adulthood
2. **Getting out**, bodiliness, unwelcome in gay spaces, Internet

- Disclosure of HIV status

- Objectification vs intimacy

- Extortion by CSWs – rough trade, ‘bad me’



I saw XXX twice, on 12 May and on 2 June, he presented with a complaint of generalised anxiety around sex, with erectile dysfunction, anal inhibition and significant guilt regarding a new sexual relationship he had entered... conservative upbringing... conflicted... previous partner had been asexual or at least very rejecting of his overtures... dependent traits... learning to enjoy the receptive/bottom role... **lost his erection when his new partner expected him to be top... discussed how he could address his anxiety, including turning his partner into a position where he did not feel 'watched'...**

# Men, are you concerned about your sexual health?

## Get peace of mind...

Know your HIV status, and if you've already tested positive find out how well you are by having a free CD4 count. If you need treatment we also offer free ARV medicine.

A free sexual health service for men, by men. Men who love other men are especially welcome.

Our new clinic in Woodstock is waiting for you! Call us on 021 447 2844 for more info.



# WHATEVER YOUR GAME

**WINNERS ALWAYS PLAY RESPONSIBLY!**

Consistent use of condoms with water-based lube,  
and reducing your number of sexual partners, are  
your best defence against STIs and HIV.

## If you're HIV negative and exposed to the virus, you need PEP!

PEP (post exposure prophylaxis) uses ARVs (anti-retroviral medication) in HIV negative people to reduce the risk of them becoming infected if they've been exposed to the virus.

You'll take PEP for one month after someone has ejaculated directly inside your anus, inside your mouth or eye, or on your broken skin.

Importantly, PEP must be initiated within 72 hours!

### HEALTH4MEN PROVIDES FREE PEP TO GAY MEN!

Call our clinics on 021 447 2844 (Cape Town)  
or 011 989 9726 (Soweto) for an appointment



**HEALTH  
& MEN**  
*top to bottom*



wet dream or cold

# REALITY?

**PEP** stands for **Post Exposure Prophylaxis** – anti-retroviral medication to reduce your risk of HIV infection if you've been exposed to the virus.

**PEP** is given to HIV-negative people after they've been exposed to the virus.

**PEP** is available to HIV negative gay men if they've had a very risky encounter.

**PEP** must be initiated within **72 hours** of exposure to the virus.

I can't remember...  
was there a condom?!

**HOW SAFE WAS IT?**

Damn! Did he top me bareback?

**WHERE DID HE CUM?!**

OK, I need PEP - from Health4Men



**HEALTH4MEN SUPPLIES FREE PEP TO GAY MEN!**

**WORRIED ABOUT CONDOMS? CALL US ON 021 447 2644**

Wearing your condom of choice, partners, and always using condoms with water-based lube reduce your best defense against HIV and STIs.

