

Confidential Counselling Support Service

The journey through Fertility Treatment can prove a lengthy and sometimes difficult experience, at a time when couples are already feeling emotionally under strain. The Counselling service is available at any stage of your contact with the unit.

You may find it helpful to talk in a non-medical way with our counsellor. This will give you an opportunity to 'air & share'; to face your hopes, concerns and fears and prepare you both for what is ahead during treatment or tests. Any medical matters or problems should be discussed with the nursing, scientific or medical staff.

Clients considering donor programmes of assisted conception will find the support offered in considering the wider social, emotional and legal implications of these treatments very helpful, this is also required under the HFEA regulations.

The counsellor will provide a safe space in which you can explore the stresses you are experiencing and help you to find ways of managing this more easily.

Counselling sessions have proven worth often enabling you to say those things to each other, in a supportive setting that you may not have had the chance to do. They can also strengthen that 'team approach', which is so necessary at this time.

Individuals are also welcome, if you would like to explore issues and feelings in your own space.

If you would like to book an appointment, please contact the fertility secretary on **01743 261000**, ext. **3828**.

Please note that if you are a private patient, there is a charge of £44.



For more information, please visit www.shropshireivf.nhs.uk

Other Sources of Information

References

HFEA

www.hfea.gov.uk

British Infertility Counselling Association

www.bica.net

NHS Direct

A nurse-led advice service run by the NHS for patients with questions about diagnosis and treatment of common conditions.

Telephone: 0845 4647

Website: www.nhsdirect.nhs.uk

Equip

A West Midlands NHS website which signposts patients to quality health information and provides local information about support groups and contacts.

Website: www.equip.nhs.uk

Patient UK

Provides leaflets on health and disease translated into 11 other languages as well as links to national support/self help groups and a directory of UK health websites.

Website: www.patient.co.uk

Further information is available from;

Patient Advise and Liaison Service (PALS)

PALS will act on your behalf when handling patient and family concerns, they can also help you get support from other local or national agencies. PALS, is a confidential service.

Royal Shrewsbury Hospital, Tel: 0800 783 0057 or 01743 261691

Princess Royal Hospital, Tel: 01952 282888

Disclaimer

This leaflet is provided for your information only. It must not be used as a substitute for professional medical care by a qualified doctor or other health care professional. Always check with your doctor if you have any concerns about your condition or treatment. This leaflet aims to direct you to quality websites: these are correct and active at the time of production. The Shrewsbury and Telford Hospital NHS Trust is not responsible or liable, directly or indirectly, for ANY form of damages whatsoever resulting from the use (or misuse) of information contained in this leaflet or found on web pages linked to by this leaflet.

Your Information

Information about you and your healthcare is held by the NHS. You can find out more about the information we hold and how it is used in the leaflet called: **Your Information**.

Website: www.sath.nhs.uk

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