

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 whilst you are a patient under our care.

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.

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.

For couples, counselling sessions enable 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. You may have counselling individually as well if you would like to explore issues and feelings in your own space.

Patients considering using donated sperm or eggs as part of their treatment are required by the Human Fertilisation and Embryology Authority (HFEA) regulations to have implications counselling before treatment. The support offered is helpful in considering the wider social, emotional and legal implications of these treatments.

Our counsellor, Julie Reiling, is a senior accredited member of the British Association for Counselling and Psychotherapy (BACP) and is also accredited with the British Infertility Counsellors Association (BICA). Julie has many years of experience in the fields of reproductive medicine and counselling. Appointments are normally available during office hours on a Tuesday and a Friday and on a Wednesday evening. Video and telephone appointments are available for any of these sessions and face to face appointments can be offered on Tuesday and Fridays.

If you would like to book an appointment, please contact the fertility receptionist on **01743 261000**, ext. **3790**.

Counselling is available free for patients having NHS funded treatment. Please note that if you are a self-funded or Access patient up to three support counselling sessions are included in your treatment package without any additional charge if you want them, thereafter there is a charge of £50 per session.

Implications counselling is compulsory for those having treatment using donor sperm and is always chargeable. The cost of implications counselling is £50.

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

Other Sources of Information

References

Human Fertilisation and Embryology Authority (HFEA)

www.hfea.gov.uk

British Infertility Counselling Association

www.bica.net

Further information is available from;

Patient Advice and Liaison Service (PALS)

We act on your behalf when handling patient and family concerns, liaising with staff, managers and where appropriate, relevant organisations to negotiate immediate or prompt solutions. We can also help you get support from other local or national agencies.

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

Princess Royal Hospital, Tel: 01952 282888

NHS 111

A fast and easy way to get the right help, whatever the time. NHS 111 is available 24 hours a day, 365 days of the year.

Telephone: 111 (free from a landline or mobile)

Website: www.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.info

Self Help & Support Groups

A selection of websites providing access to good quality patient and consumer health information, covering specific age groups and conditions.

Also includes Shropshire Community Directory which contains up-to-date information on community groups, clubs, societies, organisations, support groups and self-help groups covering Shropshire and its borders.

Website: www.library.sath.nhs.uk/find/patients/

Special Needs Information

Please contact the Fertility Unit to discuss

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