

Pregnancy and parenthood

Depression

Loneliness and Isolation

COPING ON YOUR OWN

ANXIETY

Stress

Sadness

Overwhelmed

Bereavement

Relationship Difficulties

LOSS

Sexual Difficulties

Lack of Self Confidence

Anger

Adoption Decisions

Donor or use of Donor Assistance

Endings

If you are having fertility investigations and treatment it is not unusual to find the experience stressful and difficult at times. You may find it helpful to talk about the thoughts and feelings that can arise. Specialist fertility counselling aims to provide emotional support throughout the fertility process

COUNSELLING CAN HELP

because it offers a safe and confidential space in which worries and difficulties can be talked about. Sometimes there are difficult decisions to be made. There may be overwhelming feelings of anger, sadness and loss. At times you may feel stuck or fed up with waiting. You may find the whole experience stressful and worrying.

A counsellor will help you to talk and think about difficult thoughts, feelings and experiences and move towards deeper understanding and insight. The process can help you to find ways of managing, moving forward and coping.

WHAT HAPPENS?

When you make contact by telephone or email you will be offered an initial 50 minute counselling session.. After the initial session, you and the counsellor will decide how to proceed. You may meet with the counsellor for one session only, or for a series of meetings throughout your investigations and treatment and beyond. Whatever you decide the counsellor will be working with you to help lessen and ease your concerns

COST

£45 a session for an individual
£50 a session for a couple.

Your counsellor will be Norma Wilson who is fully qualified and a specialist fertility counsellor.

She is BACP registered and adheres to the BACP Code of Ethics.

She is a member of The British Infertility Counselling Association (BICA).

Counselling sessions will be provided in North Bristol (Westbury-on-Trym)

Please telephone for more information and/or to make an appointment:

07787 706917

Patient Information.

Helpful Books:

Infertility: The HFEA Guide.
HFEA. Tel: 0207 2918200

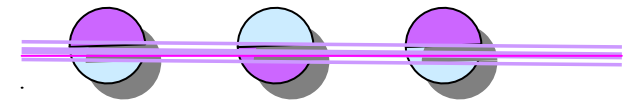
Useful Addresses.

HFEA (Human Fertility and Embryology Authority. www.hfea.gov.uk

Donor Conception Network.
Tel:0208 2454369
www.dcnetwork.org

Infertility Network UK.
Tel 01424 732361
www.InfertilityNeworkUK.com

Fertility Counselling Service



Provides specialist fertility counselling.

**Telephone:
07787 706917**

**email:
normawilson@tiscali.co.uk**