

# Counselling Service

## Patient Information

FERTILITY  
FUSION 

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## **Counselling service**

In line with the Human Fertilisation and Embryology Act 1990 (amended HFEA, 2008), Counselling is offered in combination with the treatment provided by Fertility Fusion. There are many benefits to the counselling that will be offered to patients during their fertility treatment. It will always include the opportunity to talk through the implications of the treatment that have been suggested and it will also include elements of support and therapy.

## **What is counselling?**

Counselling takes place when a trained counsellor meets with a patient in a private and confidential setting to explore any difficulty, distress or dissatisfaction with life that the patient may be experiencing. Counselling can increase a patient's ability to make choices and change aspects of their situation.

Counselling can give you:

- The opportunity to talk freely and openly without being judged.
- The chance to explore feelings and sensitive issues that are troubling you.
- Help in understanding the factors that may be contributing to your difficulties.
- Support in finding your own solutions and new ways of coping.

Anything you share with your counsellor will be treated as confidential unless there are exceptional circumstances.

## **Who is seen in counselling?**

Initial counselling, following the treatment information meeting with the nurse, is available for all persons involved in the treatment. Further sessions can be attended either individually or as a couple.

## **What is the purpose of counselling for infertility and assisted conception?**

- Counselling about the Implications of treatment aims to help patients understand exactly what the treatment will involve and how it might affect them and those close to them - now and in the future.
- To provide emotional support before, during and after treatment, particularly if the person is experiencing stress, ambivalence or distress.
- To assist people in developing successful coping strategies for dealing with both the short and longer term consequences of infertility and treatment.
- To help people to adjust to, and accommodate to their particular situation.

## **What is the duration of counselling?**

Counselling may be an ongoing process and can be continued, or take place for the first time, after a course of treatment has been completed. The duration of counselling is determined by the individual's needs and wishes.

## **How to contact the service?**

Counsellor: Andrea Hollinghurst  
Counselling Service  
Fertility Fusion  
Wrightington Hospital  
Hall Lane  
Appley Bridge  
Wigan  
WN6 9EP

Telephone: 01942 264028  
(Confidential answering machine service if unavailable)

All Counselling staff respect and maintain confidentiality at all times in line with the law. Counsellors are members of the British Association of Counselling and Psychotherapy (BACP), the British Infertility Counselling Association (BICA) and adhere to the HFEA licensing regulations and guidance.

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## Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends and carers.

## Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

The Patient Relations/PALS Manager  
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust  
Royal Albert Edward Infirmary  
Wigan Lane  
Wigan WN1 2NN

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## Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



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## How We Use Your Information

For details on how we collect, use and store the information we hold about you, please take a look at our “how we use your information” leaflet which can be found on the Trust website: <https://www.wwl.nhs.uk>

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This leaflet is also available in audio, large print, Braille and other languages upon request. For more information please ask in the department/ward.

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