Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

# Counselling Services - Fertility Fusion

Version number: **9**
Last modified date: **12th November 2026**

# Counselling Service

## Patient Information

## Fertility Fusion

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- Leaflet title: Counselling Service (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?

Counselling Service

Fertility Fusion

Wrightington Hospital

Hall Lane

Appley Bridge

Wigan

WN6 9EP

Telephone: **01257 256251**

(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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