Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Counselling Services-Obstetrics and Gynaecology

Version number: **11**
Last modified date: **12th November 2026**

Counselling Service

Patient Information

Obstetrics and Gynaecology Counselling Service

- Author ID: WW-T
- Leaflet ref: Gyn 021
- Version: 11
- Leaflet title: Counselling Service
- Last review: July 2024
- Expiry Date: July 2026

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?

We offer our service to Obstetrics and Gynaecology patients attending as an out-patient. Sessions can be attended either individually or as a couple.

What is the purpose of counselling?

- To provide emotional support.
- To help you become aware of emotions and to come to terms with them.
- To reduce the stress you are experiencing surrounding your situation.

How to contact the service?

Counselling Service

Ward 2, Leigh Infirmary, Telephone: 01942 264308 Monday to Friday 9am to 5pm

Thursday and Friday 8:30am to 4:30pm for Ward 2 counselling.

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) or the College of Sexual and Relationship Therapists (COSRT).

The Ward 2 Counselling Service is funded by Wrightington, Wigan and Leigh NHS Foundation Trust and was established in 1977. It is based at Leigh Infirmary.



Version number: **11**
Last modified date: **12th November 2026**

All rights reserved © 2026
WWL Teaching Hospitals NHS Foundation Trust