

# Counselling, before or after the termination of your pregnancy

An information guide



# **Counselling, before or after the termination of your pregnancy**

## **Introduction**

The decision as to whether or not to carry on with your pregnancy can be a distressing one. Everyone copes in different ways. For many women the decision will be relatively straightforward and any emotional reactions may only last a few days. However, some women will go through a lengthier process of grieving. Others may find that the pregnancy affects other areas of their lives such as their relationships, sexuality or career plans.

Sometimes it helps to discuss your situation with someone outside your immediate circle.

## **What is counselling?**

Counselling offers you the opportunity to talk in a safe and private space about the things which are bothering you. You can say as much or as little as you want without being judged or told what to do. Sometimes counselling can help you to make a decision. It may help to reassure you that your feelings are normal and understandable.

## **Who can contact the counsellor?**

The Women and Children's Counselling Service is available for all women and their partners who are considering terminating their pregnancy or who have recently undergone the termination of their pregnancy. The service is available to patients of the Pennine Acute Trust. You can contact the counsellor by ringing the number listed in 'contact details'.

### **Where will I see the counsellor?**

The counsellor is normally based at either North Manchester General Hospital or the Royal Oldham Hospital. If travelling to either of these hospitals is difficult for you tell the counsellor and they may be able to arrange a convenient place to meet. If you prefer they may also arrange to offer you counselling over the telephone.

### **How long can I see the counsellor for?**

This will be agreed between you and the counsellor at your first visit.

### **Will anyone find out what I tell the counsellor?**

Personal information is not shared with your family friends or hospital staff unless you have agreed to this.

Occasionally it may be necessary to talk with other professionals but this would be discussed with you first.

### **Contact details**

You can contact the counselling service by ringing 0161 720 2969. If the counsellor is busy you will be asked to leave a message and the counsellor will ring you back as soon as possible. This voicemail is private and will not be listened to by anyone else.

**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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☎ : 0161 627 8770

@ : interpretation@pat.nhs.uk

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**For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897**


**For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service**

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The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

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