



## **Counselling (Fertility) – Information for Patients**

Embarking on Fertility investigations and treatments for some couples can cause emotional distress. It is important that the **possibility of failure** needs to be considered before starting any type of treatment cycle. If any part of your investigations or treatment are unclear or you need any advice, please ring the Clinical Nurse Specialist for Fertility, who will be available to give you support throughout your care.

### **Contact Numbers:**

**Good Hope Hospital 0121 424 9758**  
**Solihull Hospital 0121 424 5859**

However, if you feel that you need further help from someone who is not directly involved with your treatment counselling may be an option.

Counselling is a process through which individuals and couples are given the opportunity to explore themselves, their thoughts, feelings and beliefs in order to come to a greater understanding of their present situation.

This leaflet provides information on how to access counselling. There are many independent Counsellors whose contact details can be obtained via the following websites:

British Infertility Counselling Association ~ via this website you are able to access lists of Counsellors who provide counselling at your home or who are able to provide telephone counselling. [www.bica.net](http://www.bica.net)

The Infertility Network UK site provides information and links to other useful sites.  
[www.infertilitynetworkuk.com](http://www.infertilitynetworkuk.com)