
COUNSELLING SUPPORT AT WFI

It can be sometimes difficult to talk to your partner, family or friends about your treatment.

Counselling can provide you with an opportunity to make sense of your individual circumstances.

Counselling forms an integral part of the service provided by the Unit and is in line with the Human Fertilisation and Embryology guidance on supporting patients. Counselling is available to you **before, during** and **after** your treatment with WFI.

Being able to talk freely in a quiet, confidential, non-judgemental setting can be invaluable. Counselling can help you understand the impact treatment may have on you and those close to you.

Common goals of counselling can include:

- Developing problem solving strategies
- Building resilience
- Making sense of feelings such as guilt, anger, depression, isolation and anxiety.
- Stopping negative thoughts and behavior
- Learning how and when to share your concerns
- Coping with the potential disappointment of unsuccessful treatment
- Assist in making important decisions about the potential use of donated gametes [eggs or sperm]
- Making decisions about freezing and storing of eggs and sperm prior to other treatment
- Assist in making important decisions about potential surrogacy treatment

With the exception of implications of some treatments such as surrogacy, all sessions are confidential and you can attend either individually or with you partner.

All sessions are for one hour for individuals and will be up to 1.5 hours for couples. They can be in person, by phone or virtually by Zoom or Microsoft Teams. Whatever you feel more comfortable with.

The counselling service can be accessed at any time throughout your treatment with WFI. The contact details for the counselling team are listed below.

Alternatively you can ask any member of the WFI team for details on how to book an appointment with one of our counsellors.

COUNSELLORS INFORMATION:

Lynda Mizen

BACP Senior Accredited Counsellor/Supervisor

BICA accredited

Neath Port Talbot Hospital

Telephone: Direct line [with answerphone facilities] ☎ 01639 862077

Email: lynda.mizen@wales.nhs.uk

Marilyn Lawrence

BICA accredited

University Hospital of Wales, Cardiff.

Telephone [via Reception] ☎ 029 2184 3047