

Have you experienced, or are you considering, a termination of pregnancy?

- Do you feel unsupported?
- Are you unsure of what to do?
- Are you feeling isolated?
- Do you want an opportunity to explore your feelings?

If you answered 'YES' to any of the above, then you may be interested to know that the Whitworth Clinic, based at Saint Mary's Hospital, provides a **confidential counselling service**, which will help you to:

- Explore your feelings and thoughts.
- Help you make an informed choice.
- Come to terms with your decision.
- Explore issues that you may be experiencing in your life.

What happens in counselling?

Counselling offers you the chance to talk about yourself and your problems to someone who will listen with understanding and who is not connected with your life.

Counselling does not guarantee fast or magical solutions to all your problems, but can help you cope with difficulties or changes resulting from your experience.

Sometimes you may feel upset and vulnerable during or after sessions. This is a normal part of the counselling process.

The number of counselling sessions required will depend on the needs of the individual.

About the Counsellors

Counsellors are individuals who have been trained to help create the conditions in which you can explore your feelings and thoughts in a safe/non-threatening environment.

You can talk to them about whatever is on your mind. They may also provide additional information about other services and practical support where appropriate.

The Counsellors will not judge you or your actions.

How can I access the Counselling Service?

Appointments can be made directly at the Whitworth Clinic, or by telephoning:

0161-276-6283

Monday – Friday: 8.30am – 4.30pm
(An answer phone is also available outside these times)

If you decide counselling is not what you want at the present time, please feel free to contact the service at a later date.

Other Information

This is a confidential service conducted within the guidelines of the British Association of Counselling.

Unfortunately, the Counsellors are currently unable to offer this service to non-English speaking clients, however, they can put you in touch with an alternative.

The Whitworth Clinic is located in Saint Mary's Hospital on the ground floor.



Zero Tolerance Policy

We are committed to the well-being and safety of our patients and of our staff. Please treat other patients and staff with the courtesy and respect that you expect to receive. Verbal abuse, harassment and physical violence are unacceptable and will lead to prosecutions.

Suggestions, Concerns and Complaints

If you would like to provide feedback you can:

- Ask to speak to the ward or department manager.
- Write to us: Patient Advice and Liaison Services, 1st Floor, Cobbett House, Manchester Royal Infirmary, Oxford Road, Manchester M13 9WL
- Log onto the NHS Choices website www.nhs.uk - click on 'Comments'.

If you would like to discuss a concern or make a complaint:

- Ask to speak to the ward or department manager – they may be able to help straight away.
- Contact our Patient Advice and Liaison Service (PALS) – Tel: 0161 276 8686 e-mail: pals@cmft.nhs.uk. Ask for our information leaflet.

We welcome your feedback so we can continue to improve our services.

No Smoking Policy

The NHS has a responsibility for the nation's health.

Protect yourself, patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted within any of our hospital buildings or grounds.

The Manchester Stop Smoking Service can be contacted on

Tel: (0161) 205 5998
(www.stopsmokingmanchester.co.uk).

Translation and interpretation service

These translations say "If you require an interpreter, or translation, please ask a member of our staff to arrange it for you." The languages translated, in order, are: Arabic, Urdu, Bengali, Polish, Somali and simplified Chinese.

اذا كنت بحاجة الى مترجم، او ترجمة، من فضلك اطلب من احد موظفينا ترتيب ذلك لك
اگر آپ کو ایک مترجم، یا ترجمہ کی ضرورت ہے، تو برائے کرم ہمارے عملے کے کسی رکن سے کہیں کہ وہ آپ کے لیے اس کا انتظام کرے۔

আপনার যদি একজন দোভাষী, অথবা অনুবাদের প্রয়োজন হয়, দয়া করে আমাদের একজন কর্মীকে বলুন আপনার জন্য ইহা ব্যবস্থা করতে।

Jeśli Pan/Pani potrzebuje tłumacza lub tłumaczenie prosimy w tym celu zwrócić się do członka personelu.

Haddii aad u baahantahay tarjubaan, fadlan waydii qof ka mid ah shaqaalahayga si uu kuugu.

如果你需要翻译或翻译员, 请要求我们的员工为你安排



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Saint Mary's Hospital

Whitworth Clinic Counselling Service

Termination Of Pregnancy – Information Leaflet

Whitworth Clinic
Saint Mary's Hospital
Oxford Road
Manchester
M13 9WL

Tel: 0161 276 6283