

Information for Parents

Counselling Support

Free confidential support for NICU parents.

What is counselling?

Having a baby on the Neonatal Unit can be an extremely difficult time and you may experience a whole range of feelings. At times these can be overwhelming, but having support in those moments can make a real difference.

Counselling offers you the chance to explore your thoughts, feelings, beliefs and experiences over a period of time. They will be respected, listened to and supported.

Counselling helps in developing strategies to cope, building your confidence and in helping you to find the ways forward that are suitable for you.

Our counselling service is available for parents whose baby is receiving or who has received treatment on the Newborn Intensive Care Unit (NICU). This is both for individuals and for couples and can take place on and off the unit.

Our Counselling service is private and confidential and works within the British Association of Counsellors' ethical framework.

Our Counsellor

Gill Whalley is an accredited Counsellor with lots of experience working with individuals, couples and children.

We also have a NICU Parents Support Group which regularly meet on Thursday between 4.30 - 5.30 pm in the Parents' Lounge.

All NICU parents are welcome to drop in.



What do I do next?

If you are interested in talking to a counsellor, speak to a nurse who will let Gill know.

She will arrange to see you to discuss your needs and answer any questions that you might have.

If counselling is not right for you, we will try and link you to the right sort of support that does meet your needs.

Saint Mary's Hospital contact numbers:

Newborn Intensive Care Unit (NICU) Reception at Oxford Road Campus
(0161) 701 2700

NICU Counsellor (Gill Whalley)
(0161) 245 6045
gillian.whalley@mft.nhs.uk

"Just having someone to talk to privately made all the difference."

"I was grateful that someone was there to help us understand what was going on for us and to help us talk to each other about our feelings."

"Everything I was feeling was completely normal. It was good to get that reassurance."