



Saint Mary's Managed Clinical Service
Division of Gynaecology

PATIENT INFORMATION LEAFLET

EARLY PREGNANCY LOSS COUNSELLING

BEFORE ACCESSING COUNSELLING

When pregnancy loss happens, no matter what the circumstances, it is usual to experience strong emotions that can continue for days or weeks, or longer. Feelings of sadness, numbness, anger, self-blame, isolation, to name but a few, may be powerful, and experiencing these emotions is normal in the process of grieving and recovery.

If approximately six weeks pass by and you do not feel a small shift in your emotions, or you are struggling with your mood, then you may benefit from counselling. In some circumstances an earlier referral might be appropriate.

WHAT IS COUNSELLING AND HOW CAN IT HELP ME?

Early pregnancy loss counselling is particularly for women and their partners, when the loss of a baby has occurred, regardless of the circumstances, and can be up to 20 weeks of pregnancy.

It is a private and safe space to talk about what has happened, where you can freely express your feelings and emotions. This is achieved by giving you the time and space to talk with someone who has been specially trained in working with grief and loss.

Counselling may help you through your grief, and perhaps learn new ways to cope with daily life to support you through this difficult time.

WHAT HAPPENS DURING A COUNSELLING SESSION?

At your appointment, you will be encouraged to talk about your feelings and emotions with a therapist, who will listen and support you without judgement or criticism. The therapist can help you gain a better understanding of your feelings and thought processes. Initially, there will be a short assessment, the counsellor will explain what will happen and take down your personal details. Talking about your experience can often be distressing. The counselling environment is a safe place for you to express how you truly feel.

The counsellor will arrange to meet with you for a series of counselling sessions, and each session will last for approximately 50 minutes. The number of sessions will be discussed between you and your counsellor, but typically can be between 6 to 10 sessions.

Counselling sessions can be face to face in Saint Mary's Hospital, Manchester, or by videocall, or by telephone. Usually, sessions will take place between 9am to 4pm. Occasionally later appointments may be arranged.

CODE OF PROFESSIONAL PRACTICE

Counselling is provided by the qualified counsellor, or counsellors-in-training, who are in their final year of training. All counsellors are members, or student members, of The British Association of Counselling and Psychotherapy (BACP). The counselling provided is 'person-centred' which means you will be offered counselling that helps you make sense of the way you are feeling, that is based on the counsellor being authentic, non-judgmental, and empathetic.

WHAT HAPPENS NEXT?

If you feel that counselling may help you, then please telephone 0161 276 4319 to ask for a referral, and leave your name and contact details, or email lindsay.mukherjee@mft.nhs.uk to request a counselling referral. There is a waiting list to see a counsellor and we will try to give you an approximate time as to how long the wait to see a counsellor will be.

GENERAL INFORMATION

If you decide that counselling is not what you want right now, you can contact us at a later date. We would be happy to make an appointment for you then or offer you additional support or information such as signposting to other organisations.

CONTACT DETAILS



0161 276 4319 – to request a counselling referral



lindsay.mukherjee@mft.nhs.uk

URGENT SUPPORT AND USEFUL CONTACTS

If you are really struggling and finding things extremely difficult or unbearable, for immediate help:

- **The Samaritans** has a 24 hr service - Call 116 123 – or on-line www.samaritans.org
- **Greater Manchester NHS Urgent Mental Health Helpline – Open 24/7**
Call 0800 953 0285 to speak to a mental health professional for support (calls are free)
- **A&E:** You can walk into any A&E if you feel worried that you are in imminent danger.
- **Your GP:** Your GP is available if you are having thoughts that you feel concerned them.

The Miscarriage Association (01924) 200 799 (Monday - Friday, 9.00 am - 4.00 pm) www.miscarriageassociation.org.uk Information, advice and support. It may be helpful to connect with the support forum on the miscarriage association website, and their Facebook page.

The Ectopic Pregnancy Trust 020 7733 2653 (voicemail out of office hours - will call back) www.ectopic.org.uk Access the website for the Ectopic Pregnancy Trust support forum.

Cradle Charity www.cradlecharity.org 'Connected' weekly online pregnancy loss support group, check out 'Support Group' also 'Support Forum' on their website.

The Trust's Chaplaincy and Spiritual Care service (0161) 276 8792. Out of hours between 5pm and 9am - call the hospital switchboard and ask for the on-call Chaplain: (0161) 276 1234.