



**Saint Mary's Managed Clinical Service**  
**Division of Gynaecology**

**PATIENT INFORMATION LEAFLET**

# **THE WHITWORTH CLINIC COUNSELLING SERVICE**

## **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 find it helpful to access the Whitworth Clinic Counselling Service

## **WHAT IS COUNSELLING AND HOW CAN IT HELP ME?**

Counselling provides a safe and private place for you to explore your thoughts and feelings. It can also help you make an informed choice and may help you come to terms with your decision.

## **WHAT HAPPENS DURING A COUNSELLING SESSION?**

At your appointment, you will be encouraged to talk about your feelings and emotions with a trained therapist, who will listen and support you without judgment 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 about the process and write down some 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 either a single session or a series of counselling sessions. Each session will last for approximately 50 minutes. The number of sessions will be discussed between you and the counsellor, and will depend on your individual needs.

Counselling can be in-person in the counselling room here in the Whitworth Clinic, or by videocall or telephone call. In-person counselling will take place in the Counselling Room, Whitworth Clinic, Women's Out-patient Department, Saint Mary's Hospital, Monday to Friday, between 9.00 am - 4.00 pm.

Occasionally later appointments may be arranged.

## PROFESSIONAL CODE OF PRACTICE

This is a confidential service that is conducted within the guidelines of the British Association of Counselling and Psychotherapy (BACP). The counsellor is a fully qualified member of BACP, with over 10 years of experience working with individuals and couples. Counselling is 'person-centred' which means that you will be offered unconditional, empathic counselling that helps you make sense of how you feel.

## WHAT HAPPENS NEXT?

If you feel that counselling may help you, then you can call us on: (0161) 276 4319 – to ask for a counselling referral. (Monday - Friday 9.00 am – 4.00 pm – answerphone available)

## 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.

**If you require any further information or clarification, including clarification of terminology, please do not hesitate to talk to one of the doctors or nurses, who will be happy to discuss your concerns with you.**

## CONTACT DETAILS



**Whitworth Clinic Counsellor**

**(0161) 276 4319**