

Counselling and Support

Services available for women
with an unplanned pregnancy

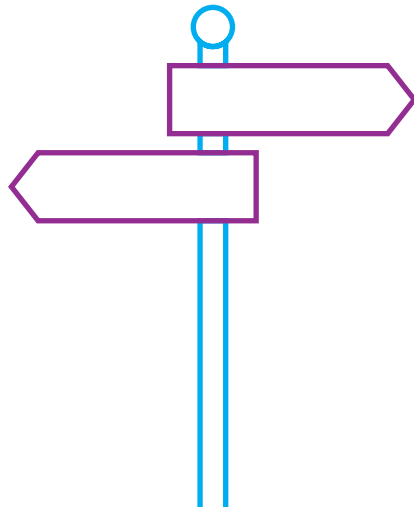
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chcpic.org.uk

Making the decision

All women who access our pregnancy advisory services are offered information about our counselling and support services. We understand the decision to end a pregnancy is not an easy one.

If you are struggling with your decision then one of our support staff may be able to help you.



Support after a termination

Following a termination, women can experience a variety of emotions and feelings, some of which can be very upsetting. Although you may have chosen to end the pregnancy, it can sometimes be a confusing and painful emotional experience. You may feel relieved but also quite sad.

It is important to remember that we are all in different situations and for some people it takes a long time for these feelings to settle down and for others it may take no time at all.

The service offers short-term counselling to support women before, during and following the procedure. A venue will be arranged with you when the counselling is offered.

Your counsellor will:

- Listen to you with respect and without judging you
- Offer you time and space
- Use their skills to help you talk through and explore your thoughts and feelings, so that you can deal with problems or concerns.

Your counsellor will not offer you instructions or solutions

If you require on-going and longer-term support we can arrange that.

What if I change my mind?

If you have booked a date for your procedure, you can still change your mind right up until the procedure is started. If you have chosen to have a medical procedure (tablet) you must be completely sure of your decision before swallowing the tablet. If you do change your mind, it is important that you tell a member of nursing staff as soon as possible because of the risk of the tablets causing an abnormality if the pregnancy continues afterwards.



How will I feel after the pregnancy has ended?

Feelings following termination are different for everyone. Some women feel a sense of loss, even when they believe their decision was right. It is common for women to feel sensitive and irritable for a few weeks after the procedure.

Initially you may feel a sense of relief and then later other feelings may include a mixture of sadness, numbness, guilt, grief, anxiety and anger.

Some women may experience other problems for example:

- Not wanting to be near pregnant women or young babies.
- Tension in their relationships.
- Bad dreams or nightmares.
- Wanting another baby straight away.
- Avoiding baby pictures in magazines or on the television.
- Loss of self-esteem.

These are common problems which usually subside with time. However, it is important that you seek help if you think they are becoming unmanageable for you.

The termination is affecting my relationship, what can I do?

It can be very difficult to cope with an unplanned pregnancy, particularly if you both have different expectations from your relationship. One of the hardest situations can be when there is a difference of opinion over continuing the pregnancy. It may be helpful to seek professional help if you find that your relationship is suffering. 'Relate' offer counselling to couples experiencing problems in their relationship.

They can be contacted locally on
01482 329621



I still have lots of unanswered questions – who can I ask?

There may be questions you didn't ask at the clinic, or questions you have thought of since. If these questions are playing on your mind then you are welcome to ring the service. If your question cannot be answered on the spot, we will get back to you. You will find the contact details for Conifer below:

If you wish to speak to a counsellor,
please contact the service on

01482 336331
or **01482 336338**

and we will make a referral. This can be
accessed up to 12 months after treatment.