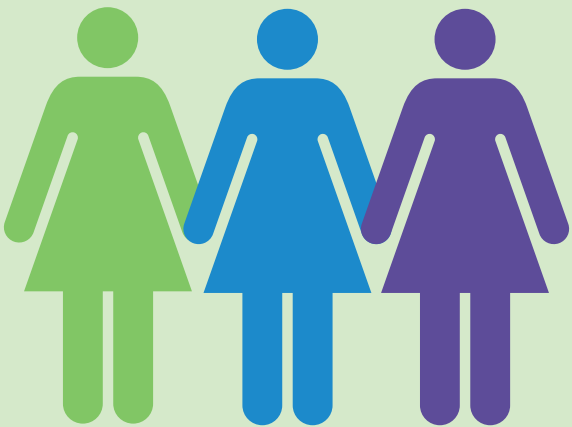


# Women's Health Counselling Service



**Pregnancy**

**Post natal issues**

**Miscarriage and stillbirth**

**Termination**

**Gynaecology issues**

## Who is it for?

Patients of the Maternity Unit and Gynaecology Department at the Royal Free Hospital.

This could be during pregnancy, after a traumatic birth, during the postnatal period, following a miscarriage, stillbirth or termination or concerning gynaecology problems.

We see patients on their own or with their partners if they wish.

What is talked about in counselling sessions will normally be treated as confidential. However, sometimes it may be helpful if the counsellor talks to other staff who are caring for the patient. If we have concerns about the patient's safety or someone else's we will talk to other professionals. We will always try to consult with the patient about this first.

## When can counselling help?

- If you are worried, unhappy, scared or angry
- If you are grieving
- If you are feeling depressed or anxious
- If you have mixed feelings about your situation
- If you are having difficulties in relationships with others

## How can you make an appointment?

- Phone the Women's Health Counselling Service on: **020 7830 2791**
- Email the Womens Health Counselling Service at **[rf.whcs@nhs.net](mailto:rf.whcs@nhs.net)**
- Ask your midwife, doctor or nurse to refer you to us

All counsellors and therapists are registered with the British Association for Counselling and Psychotherapy (BACP) and/or the United Kingdom Council for Psychotherapy (UKCP).