



Information for
patients and
carers

Women's Health Counselling
Services

Counselling and Wellbeing Services

Lancashire Women in partnership with Sharoe Green Unit at Lancashire Teaching Hospitals offer person-centred counselling and wellbeing support to women and families when they experience pregnancy loss, termination of pregnancy for fetal abnormality, stillbirth and when a woman subsequently becomes pregnant again with and accesses the Rainbow care pathway. This service also offers psychological support for families whose babies have spent time on the neonatal unit or sadly die following birth.

Working within the British Association for Counselling and Psychotherapy (BACP) code of practice, counselling provides a safe and supportive space for you to talk about your experiences and feelings to help you come to terms with loss, grief or traumatic experiences.

Why might this be beneficial to me?

Our counsellors are trained and qualified to help you process your feelings, difficulties or distress you may be experiencing in a private and confidential setting.

Some of the benefits may include:

- An ability to see can help you see things more clearly and possibly from a different perspective
- Counselling is a way of enabling choice or change and reducing confusion. It does not involve giving advice or suggesting you act in a particular way
- You can explore your feelings during a counselling session, talking freely and openly in a way that can be difficult with friends or family

- Bottled up feelings such as anxiety, anger or grief can become very intense and counselling offers the opportunity to explore them, with the possibility of making them easier to understand
- Your counsellor will accept and respect your feelings and the trusting relationship created may help you to examine in detail the situation facing you so that you can decide the best course of action for yourself

Is there anything else I need to know?

Your counsellor will not talk to anyone else about your situation without your consent unless they feel that what you have told them suggests that you, or someone else, might be at risk of serious harm. In such exceptional circumstances your counsellor is obliged to inform an appropriate person. They would always urge you to give permission, but information could be divulged without your consent to protect either yourself or other people. If this is necessary we would inform you of this decision.

Referral

This service can be offered to any pregnant person or their immediate family. Support and counselling can be accessed up until 2 years after your care with us has ended. If you think that you would like to refer for counselling you can email community.wellbeing@nhs.net or you can contact 0300 330 1354 and Lancashire Women will then contact you directly to confirm consent and get you started on your counselling journey.

If you need to talk to someone urgently the Samaritans provide a 24 hour service, telephone: **08457 90 90 90**.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

Lancashire Teaching Hospitals NHS Foundation Trust is not responsible for the content of external internet sites.

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking including Nicotine Replacement Therapy to help manage your symptoms of withdrawal.

If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو یی چھپا یں ییہ ابی دست بو یسکت ہے برا ئے مہر یان پو ے یچھہ ی۔ معلومات

Arabic:

مطبوعة بأحرف كبيرة و بلغات إذا كنت تريد مساعدة في فهم هذه المعلومات يُرجى أن تطلب أخرى يمكن تو فسير هذه المعلومات

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