

Termination of Pregnancy Counselling Service



Information for patients

Psychological Services



PROUD TO MAKE A DIFFERENCE

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



Introduction

This leaflet describes the Counselling Service for patients either considering, or having had, a termination of pregnancy and how to access the service.

At the back is a flowchart showing the pathway through the service.

In the leaflet we use both the terms 'abortion' and 'termination of pregnancy'.

Who is the service for?

The pre-Termination of Pregnancy (ToP) service is for patients who are pregnant and:

- require help and support with the decision of continuing with the pregnancy or having an abortion, from someone non-judgemental and impartial
- considering or planning an abortion and have existing mental health issues
- considering or planning an abortion and are in need of emotional support around this time, perhaps because of lack of family and/or friends support
- simply need to talk to someone separate from family and friends who is non-judgemental and impartial.

Patients aged 17 and under considering abortion are normally booked for counselling.

The post-ToP service offers support for patients struggling after a ToP.

Who will I see?

The team is staffed by a counsellor and a clinical psychologist. We will refer to 'counsellor' in this leaflet, meaning both.

Pre-termination counselling - what happens?

This appointment can take place face-to-face or by phone.

We will explore your decision by talking about your thoughts, feelings, and the practicalities of continuing or terminating the pregnancy.

Normally this is a single session and can last 20-45 minutes, but you can have more appointments if you need them.

You may already have a pre-ToP consultation booked, but if not we can book you one. It will be on another day.

Post-termination counselling - what happens?

The first session is an assessment, and we will talk about how you have been coping since the ToP. We will then decide if post-ToP counselling may help, and if so can arrange further appointments for you. We normally offer up to 4 appointments, and they usually last 40-45 minutes.

These appointments are better face-to-face but we can also do them by phone.

Will what I tell you be confidential?

- **Pre-termination:** The counsellor will write a brief summary of the session in your notes, so the confidentiality is kept between the staff providing your care (support workers, nurses, sisters, doctors). There are some exceptions to confidentiality, mainly if we have concerns about the safety of you or someone else, and we will discuss this at the appointment.
- **Post-termination:** The counsellor will make notes of the sessions, which are kept secure. Again, there are some exceptions to confidentiality, mainly if we have concerns about the safety of you or someone else, and again we will discuss at the first appointment.

How do I get an appointment to see you?

For both services you can be referred by your GP, Sexual Health Sheffield and staff in the Early Pregnancy Service and ToP Service. You can also refer yourself by calling 0114 226 8225 Mon-Fri 8-3.

Other Resources

The Sexual Health Sheffield website has some useful information on Pregnancy Choices:

www.sexualhealthsheffield.nhs.uk/services/pregnancy-choices/

There are some leaflets you can download about your options, decision-making and the treatment pathway.

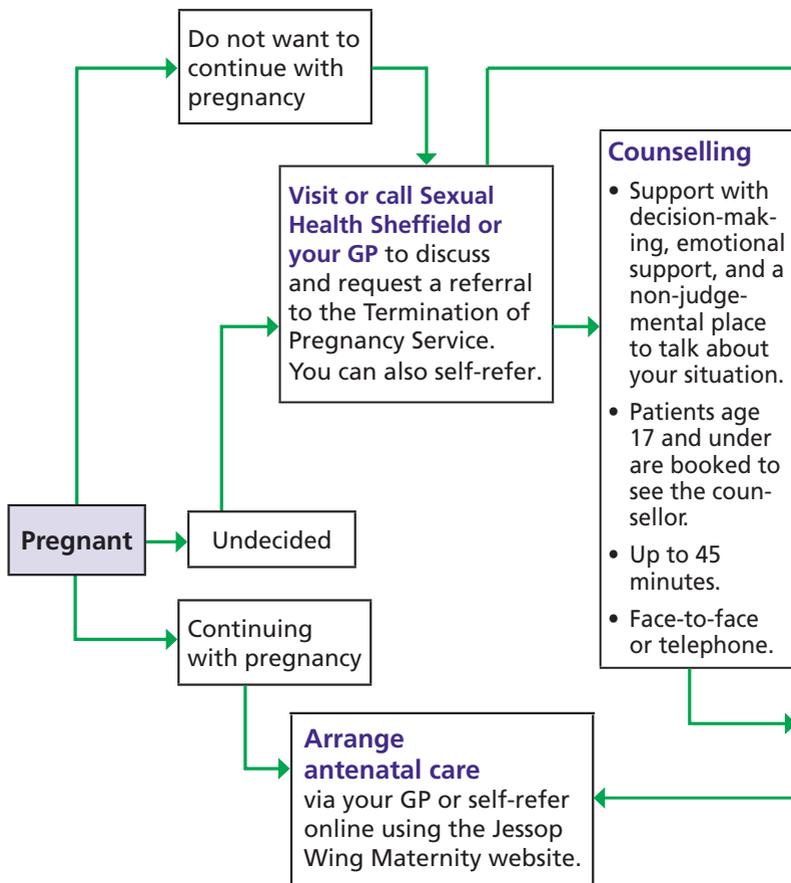
Further information

If you have any further questions about the ToP Counselling Service please contact unit reception on 0114 226 8225

If you have any concerns about the ToP counselling service please contact:

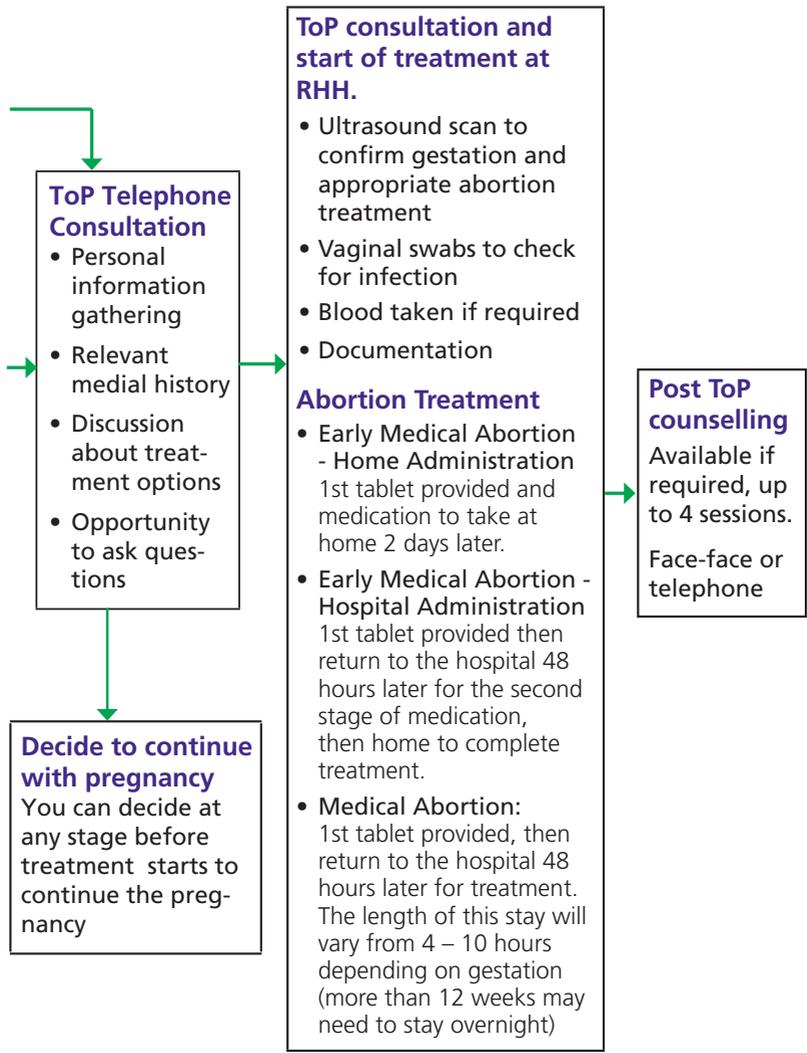
- 0114 226 6929
- The Service Manager
Department of Psychological Services,
Room G04, 3rd Floor, Nurses Home
Northern General Hospital
Herries Road
Sheffield S5 7AU

Treatment Pathway



ToP = Termination of Pregnancy

RHH = Royal Hallamshire Hospital





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