

fertility SA

POWERED BY
genea
WORLD LEADING
FERTILITY

Patient Counselling
Service and Support



The experience of trying to conceive a pregnancy and become a parent can be all consuming and there is considerable evidence of the unique nature of the stress and sense of loss felt by people experiencing fertility difficulty.

This is not always well understood or acknowledged by others.

Counselling can offer the opportunity to consider how you are feeling, identify areas causing distress and consider strategies that may be useful for you.

Sometimes just being able to talk and have this heard, validated and normalised, is all that is needed.

Asking for support is not a sign of weakness. It can be useful when your usual support avenues are not as accessible to you or you have not shared your journey with others.

For more information about how FertilitySA can support you, call 08 8100 2900.

Patient service

FertilitySA patients who are accessing assisted reproductive treatments or planning for treatments can access the counselling service free of charge on an as needs basis, as part of their decision making and during treatment for emotional support, crisis counselling and therapeutic counselling.

You can meet a counsellor in person, by phone or via telehealth.

Emergency support

If you are in an emergency or at immediate risk of harm to yourself/others please contact emergency services on 000.

Emergency Departments located at St Andrews Hospital or Royal Adelaide Hospital (RAH) or your local Hospital Emergency Department can provide immediate attention from mental health services. For crisis support, please refer to the back page.

Counselling service

Our counsellors have tertiary qualifications and are members of ANZICA (Australian and New Zealand Infertility Counsellors Association). An appointment is necessary and can be arranged via our team.

Counsellors can assist with referral pathways for people wishing to see a counsellor independent of the unit or when they have a need to access a specialised service for additional wellbeing needs.

Implications counselling

Implications counselling for people participating in donor conception is a mandatory process for both recipients and potential donors and is scheduled as part of treatment planning. It offers the opportunity to ensure all parties understand the possible complexities and consequences of treatment for themselves, their relationships, their family and any potential child.

Emotional support, bereavement and information resources

Red Nose Grief and Loss

www.rednosegriefandloss.org.au

24/7 Ph 1300 308 307

Support for pregnancy loss.

Mensline Australia

www.mensline.org.au

24/7 Ph 1300 789 978

Phone counselling for men specialising in family and relationship issues, including relationship breakdown, parenting, family violence, suicide prevention and emotional well-being.

Pink Elephants Support Network

www.pinkelephants.org.au

Online resource information and peer-support for anyone impacted by pregnancy loss and assisted reproductive treatment.

Access Australia

www.access.org.au

Services and information related to assisted conception including register of self-help groups.

Centre for Perinatal Excellence (COPE)

www.cope.org.au

Resources related to all things fertility, pregnancy and beyond and emotional wellbeing in the perinatal period.

Donor Conception Network

www.dcnetwork.org

Support, information, webinars and resources for those considering donor conception or having treatment.

Rainbow Families

www.rainbowfamilies.com.au

Resources for lesbian, gay, bisexual, transgender or queer people who have a child or children; or are planning on having a child or children.

Solo Mums by Choice Australia

www.smcaustralia.org.au

A national support and advocacy group for women who are thinking about or have become sole parents.

VARTA

www.varta.org.au

Resources related to fertility, infertility and for donor conceived individuals and families.

Childless by Circumstance

For people who are considering their future circumstances, that may be different to what they had hoped, it can be a challenging time of transition.

Resources: www.gateway-women.com or www.womanhood.com.au/counselling

Crisis counselling

FertilitySA's counsellors are able to respond in a timely way in event of urgent or crisis need. However, while this may not be immediate, the counsellor will ensure a response is prioritised. There may be times when a counsellor is on leave or is not on an allocated work day, where a response may not be as timely as required and for these situations we have recommended some emergency/crisis options.

Crisis support

Mental Health Triage

24/7 Ph: 13 14 65

Advice and information in a mental health emergency or crisis situation. Staffed by mental health clinicians who assess and refer to acute response teams where appropriate.

Beyond Blue

24/7 Ph: 1300 224 636

Calls and chats are one-on-one with a trained mental health professional, and are completely confidential.

Lifeline

24/7 Ph: 13 11 14

Suicide Call Back Service

24/7 Ph: 1300 659 467

If you are having ongoing difficulties with emotional wellbeing or have a mental health condition it may be useful to consult your GP to discuss. A Mental Health Treatment Plan is accessible which provides Medicare rebates for up to 20 individual psychological appointments per calendar year.

(08) 8100 2900

fertilitysa.com.au

The information in this brochure does not replace medical advice. Medical and scientific information provided in print and electronically by FertilitySA might or might not be relevant to your own circumstances and should always be discussed with your own doctor before you act on it.

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