



SPECIALIST COUNSELLING SERVICE

for nausea and vomiting in pregnancy (NVP)
& hyperemesis gravidarum (HG)

Pregnancy Sickness Support recognises the impact NVP and/or HG can have on your mental health and wellbeing. Our service provides talking therapy to anyone over the age of 18 who;

- is currently suffering with NVP or HG
- has been impacted by NVP or HG in the past

Our HG specialist counsellors are knowledgeable about the condition and aim to help you feel heard and understood. You will not have to explain your condition to us.

NATIONAL HELPLINE 0800 055 461
www.PregnancySicknessSupport.org.uk

How can counselling help you?

If you are suffering with HG now

Whilst NVP/HG is not just a physical condition, it can affect mental health as well.. We understand sufferers often experience several heavy and unwanted emotions and feelings that can be overwhelming and scary. These can escalate quickly as the onset of symptoms take hold.

We know feelings of loss, guilt, depression, anxiety, shame, isolation, and loneliness are common. As well as stress, despair, and trauma due to the nature of the condition. Including the possible dismissive treatment you may have received from healthcare professionals and those around you.

We can:

- Validate your experience, where others may not
- Provide you with bitesize steps to cope with the condition
- Empower you to advocate for yourself
- Explore and come to terms with the loss, shame, guilt and other difficult feelings that may arise during your pregnancy.
- Provide a supportive, non-judgmental and validating space for those who are considering termination, struggling with suicidal thoughts and/or experiencing intrusive thoughts in pregnancy.

If you have suffered with HG in the past

We understand that recovery can be difficult as you feel the complex effect of NVP/HG long after the physical symptoms are gone. You may have feelings of anger, disappointment, sadness, loss and an uncertainty around future pregnancies. We are passionate about hearing your story, as a way of processing what has happened and finding ways to move forward.

We will:

- Provide a non judgemental and empowering space for those who have terminated their pregnancy due to NVP/HG
- Validate your experience and the impact it has had on you
- Support you in preparing for another pregnancy i
- Signpost you to other services

You are able to access our counselling service whether you experienced NVP/HG 40 years ago or 4 months ago.

You can follow us at

 Pregnancy Sickness Support

 @HGSupportUK

 PregnancySicknessSupport

'It was validating talking to someone who understands the condition. I felt so much guilt and shame around having intrusive thoughts that it was a relief to be able to talk about this and realise such thoughts are common for women suffering from HG.'

Talking about practical ways to prepare for a second pregnancy helped me feel a bit more in control and ready to try again.'

The counselling process explained

- 1 Referral**
Via the referral form on the Pregnancy Sickness Support website.
- 2 Assessment**
50 minute assessment with one Counselling Service Manager to understand how you have been impacted and explore whether counselling would be appropriate for you at this time.
- 3 Counsellor allocation**
Our Counselling Service Manager will then allocate a counsellor to you, based on availability and your preferred session time.
- 4 1-2-1 Counselling**
Up to 6 sessions with our in house counsellors or a one-off single session if you are currently suffering
- 5 Signposting**
To additional services within Pregnancy Sickness Support or our HG friendly network of counsellors.

Important information

- Up to 6 sessions for past sufferers and single sessions for current sufferers available
- Online / telephone counselling flexible to suit your needs (sessions are priced at £50 per session)
- Reduced rate sessions available (dependent on financial circumstances) to ensure service is accessible to all
- Network of HG friendly counsellors (subject to HG friendly counsellors fee)



Pregnancy
Sickness
Support

Registered Charity Number 1094788

NATIONAL HELPLINE 0800 055 4361
E: counselling@PregnancySicknessSupport.org.uk
www.PregnancySicknessSupport.org.uk