



Aberdeen Fertility Centre
Aberdeen Maternity Hospital
Foresterhill
Aberdeen
AB25 2ZL

Patient Information Counselling

Within the Centre the nursing staff are trained in counselling skills however there is also an independent counselling service available. A counsellor is trained to listen carefully and works in a non-directive way to allow the person to find their own solutions and way forward. Counselling may help to support individuals and couples throughout any part of their treatment process. It is an opportunity to talk through how you are feeling and explore the emotional side of infertility in a safe and confidential setting. Sessions usually last 50 minutes to an hour and may just be for one time or a number of sessions depending on individual needs. Counselling is integrated within the treatment and there is no extra cost to you.

Implication counselling is an important part of the donation process and an opportunity to explore a wide range of related issues. The counsellor is available during the week at the following times:

Wednesday	1.00pm – 5.00pm
Thursday	9.00am – 1.00pm
Friday	1.00pm – 5.00pm

However these times can be flexible to suit individual needs and Saturday can be an option. Also a telephone contact can be arranged particularly for those living further away. An alternative venue may be available please discuss this with the counsellor.

Contact Jayne Williamson on 01224 552628 - this is a direct line to the counselling room and there is a voicemail system on which you can leave a message. This message can only be accessed by Jayne and is completely confidential (please note that messages may not be picked up until Wednesday). To arrange an appointment you can contact the Sisters office on 01224 550567.