



Pregnancy
Sickness
Support



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 024 7638 2020
www.PregnancySicknessSupport.org.uk

How can counselling help you?

If you are suffering with HG now

Whilst NVP/HG is a physical health condition, we recognise the impact it can have on your mental health whilst suffering. 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.

Whilst we cannot take the condition away, we can;

- Validate your experience, where others may not
- Provide you with bite-size 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 and after 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

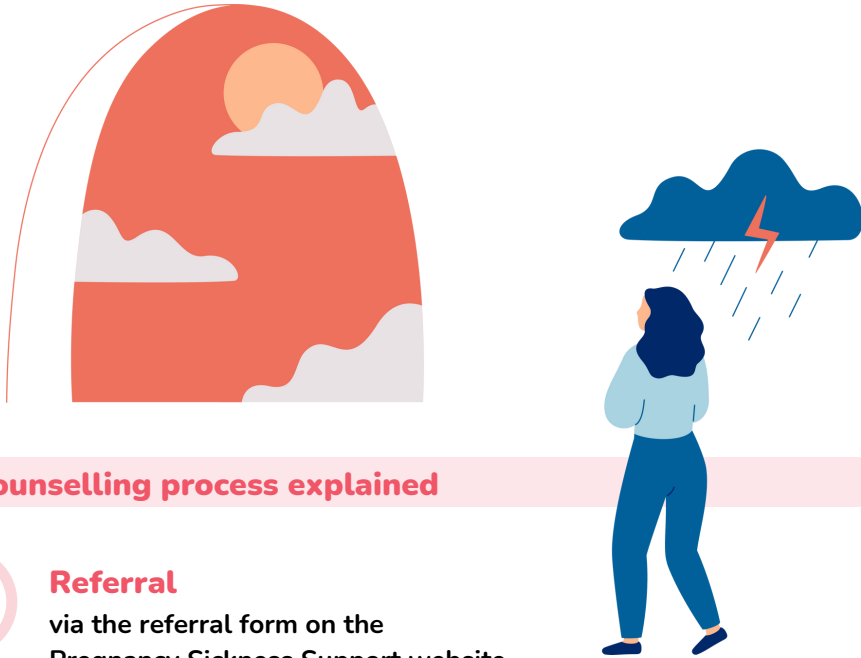
For those who have suffered with NVP/HG in the past, we understand that recovery can be difficult as you feel the complex effect of NVP/HG long after the physical symptoms are gone. Your self confidence and sense of self may have been lost, you may have feelings of anger, disappointment, sadness, loss 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 supportive, 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
- Help you to process the longer term impact
- Support you in preparing for another pregnancy if this is something you are considering
- 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.

We are here to hear you, validate you and support you.



The counselling process explained

- 1 Referral**
via the referral form on the Pregnancy Sickness Support website
- 2 Assessment**
50 minute assessment with one of our specialist counsellors to understand how you have been impacted and explore whether counselling would be appropriate for you at this time
- 3 Counsellor allocation**
our counselling co-ordinator will allocate a counsellor to you, based on availability and your preferred session time
- 4 1-2-1 Counselling**
up to 8 sessions with our in house counsellors
- 5 Signposting**
to additional services within Pregnancy Sickness Support or the wider network



Important information

- Up to 8 sessions
- 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

'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.'



Pregnancy Sickness Support

Registered Charity Number 1094788

You can follow us at

-  Pregnancy Sickness Support
-  @HGSupportUK
-  PregnancySicknessSupport

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