



Pregnancy
Sickness
Support

Support Network Leaflet

What Support Do PSS Provide?

PSS respects diversity and individuality. We are a small charity offering support to all women in the UK and Ireland experiencing pregnancy sickness, from those with mild symptoms of nausea and vomiting in pregnancy (NVP) associated with healthy pregnancy to those with severe sickness such as that experienced by women diagnosed with hyperemesis gravidarum (HG) and everyone in between. We also support women who have survived NVP or HG who have been traumatized by the experience as well as those who are preparing for their next pregnancy having already experienced HG.

One of the toughest aspects of pregnancy sickness and hyperemesis gravidarum is the isolation and feelings of not being understood. Many women report that the only people who can truly understand what they are going through is women who have been through it! That is why we have set up the support network to be able to provide peer support. Most of our volunteers have either suffered hyperemesis or severe pregnancy sickness themselves or have cared closely for a loved one who has.

The Nature of Support Work – What you can expect from us?

- ³⁵/₁₇ Confidential – safe
- ³⁵/₁₇ Regular contact reducing isolation and fear of this debilitating illness. The level of support will be determined by you in conjunction with your volunteer support worker
- ³⁵/₁₇ Support can be provided via telephone/text and email or you can arrange to meet your support worker face to face.
- ³⁵/₁₇ If you are unable to build a trusting relationship with your support worker, we will do our utmost to offer you another volunteer support worker.

Model of Support – Our model of support is based around the principles of empowerment

- ³⁵/₁₇ To listen and believe - and give you space to tell your own story
- ³⁵/₁₇ To treat you as an equal and with respect
- ³⁵/₁₇ Not to make decisions for you although we may help you to work out what your options are
- ³⁵/₁₇ To give you information where it is appropriate regarding coping strategies, treatments, employment, childcare, planning for future pregnancies but NOT advice

- ³⁵₁₇ To encourage you to take control over whatever aspects of your life you can
- ³⁵₁₇ To give you space where you are accepted and where you feel you have a right to be
- ³⁵₁₇ To focus on you as an individual woman

For more information: -

Helpline: 024 7638 2020

Visit www.pregnancysicknesssupport.org.uk

For further support you could also join Pregnancy Sickness Support Facebook Forums

If you feel that the support you have received does not meet with the description in this leaflet or you would like to tell us how our support has helped you, please let us know. Please see our Comments, Compliments and Complaints Leaflet on our website or write to:

The Volunteer Coordinator
Pregnancy Sickness Support
PO Box 3277
Nuneaton
CV11 6ZL