



# *Fertility counselling*

and support services



We offer a counselling service to all patients (and partners), undergoing fertility treatment, to support individuals and couples to improve their emotional wellbeing.

## Our counselling service

We offer a counselling service to all patients (and partners), undergoing fertility treatment, to support individuals and couples to improve their emotional wellbeing. You can access supportive counselling before, during and after treatment, with at least one session included in each treatment cycle (including each IUI cycle, each IVF cycle, each frozen embryo transfer). This support is an important part of the care we provide, and we encourage you to utilise our service as part of your selfcare. No referral from your doctor is needed.

Our counsellors are all qualified, experienced members of the Australian and New Zealand Infertility Counsellors Association, and can offer face to face consultations in clinic, or by phone or zoom call. Our counsellors are located in Brisbane, Gold Coast, Sunshine Coast, Toowoomba, Mackay, Townsville, and Cairns.

Our counsellors are available as an ongoing source of knowledgeable, non-judgemental support, so please be kind to yourself and get in touch to have a chat.

## How can we support you?

We work with you to help equip you with the skills needed to manage the emotions and cope better with any day-to-day stresses or concerns related to your fertility journey. Our goal is to help you gain a greater sense of control.

These are some examples of the challenges we talk through with patients every day:

- ◆ Whether to have fertility treatment
- ◆ Struggles during fertility treatment
- ◆ Grief and loss
- ◆ Fertility related relationship concerns (including family and friends)
- ◆ Personal anxiety, depression, and stress
- ◆ Unexpected outcomes such as miscarriage, failed fertilisation or implantation
- ◆ Using donor sperm, eggs, or embryos (donor implications counselling needs to be face to face in clinic or by zoom)
- ◆ When to stop having fertility treatment
- ◆ What to do with unused frozen embryos

### FIND OUT MORE

You are very welcome to book an appointment directly by calling your local QFG clinic, or please ask any Queensland Fertility Group staff member to assist you in making an appointment. More information can also be found by visiting [qfg.com.au/counselling](https://qfg.com.au/counselling)