

Counselling Service

Patient Information

Obstetrics and Gynaecology Counselling Service

Author ID: WW-T
Leaflet Ref: Gyn 021
Version: 11
Leaflet title: Counselling Service
Last review: July 2024
Expiry Date: July 2026

Our Values

People at
the Heart

Listen and
Involve

Kind and
Respectful

One
Team

What is counselling?

Counselling takes place when a trained Counsellor meets with a patient in a private and confidential setting to explore any difficulty, distress or dissatisfaction with life that the patient may be experiencing. Counselling can increase a patient's ability to make choices and change aspects of their situation.

Counselling can give you:

- the opportunity to talk freely and openly without being judged
- the chance to explore feelings and sensitive issues that are troubling you
- help in understanding the factors that may be contributing to your difficulties
- support in finding your own solutions and new ways of coping.

Anything you share with your counsellor will be treated as confidential unless there are exceptional circumstances.

Who is seen in counselling?

We offer our service to Obstetrics and Gynaecology patients attending as an out-patient. Sessions can be attended either individually or as a couple.

What is the purpose of counselling?

- To provide emotional support.
- To help you become aware of emotions and to come to terms with them.
- To reduce the stress you are experiencing surrounding your situation.

How to contact the service?

Counselling Service

Ward 2, Leigh Infirmary, Telephone: 01942 264308 Monday to Friday 9am to 5pm
Thursday and Friday 8:30am to 4:30pm for Ward 2 counselling.

All Counselling staff respect and maintain confidentiality at all times, in-line with the law. Counsellors are members of the British Association of Counselling and Psychotherapy (BACP) or the College of Sexual and Relationship Therapists (COSRT).

The Ward 2 Counselling Service is funded by Wrightington, Wigan and Leigh NHS Foundation Trust and was established in 1977. It is based at Leigh Infirmary.

Please use this space to write notes or reminders.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use and store the information we hold about you, please take a look at our “how we use your information” leaflet which can be found on the Trust website: <https://www.wvl.nhs.uk>

This leaflet is also available in audio, large print, Braille and other languages upon request.

For more information please ask in the department/ward.

© Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
All rights reserved. Not to be reproduced in whole or in part without the permission of the copyright owner.

Call 111 first when it's less urgent than 999.



EMPLOYER RECOGNITION SCHEME

SILVER AWARD

Proudly supporting those who serve.

Phone: 0808 802 1212

Text: 81212

www.veteransgateway.org.uk

