

Patient information

Support information for women following termination of pregnancy

Each woman will experience different feelings following a pregnancy termination. Some women may feel their termination was a solution to a difficult situation, but some will feel sad and find it difficult to deal with. It is important to understand there is no 'right' way to feel.

In the first few days following your termination, you may feel fragile and sad, as your hormones start to return to their pre-pregnancy state. Allow yourself time to recover not only physically but mentally too.

Once recovered, many women have a positive view of their termination, experiencing relief and confidence of their decision.

But some women experience feelings of sadness, grief, loss or regret. These feelings can come unexpectedly and can occur at any point after the termination, sometimes often years later.

If you experience sadness, you can seek support through your GP, online support services or you may find talking to someone could be helpful.

There are NHS, charity and private services available to help. Counselling encourages you to talk about your feelings and emotions with a trained therapist. They will listen and support you without judgement or criticism and help you find ways to deal with emotional issues.

Always use a Counselling service registered with a professional organisation that has been accredited by the Professional Standards Authority (PSA).

Support at West Suffolk Hospital

For support following pregnancy termination, please contact 01284 713235.

Members of the hospital Chaplaincy Team and the Bereavement Officer can be contacted via the hospital switchboard, telephone: 01284 713000.

Your GP will be informed of your termination following your discharge from the Gynaecology ward/Termination Advisory Clinic.

Support organisations

NHS Counselling

Guidance and links to NHS accredited Counselling

www.nhs.uk/conditions/counselling/

Marie Stopes

Marie stopes provide NHS-funded abortion and vasectomy care, as well as self-funded treatment, through our network of clinics across England.

Telephone: 0345 300 8090

www.mschoices.org.uk

The Samaritans

The Samaritans provide confidential non-judgmental emotional support, 24-hours a day, seven days a week including Christmas and bank holidays, for people who are experiencing feelings of distress or despair.

Freephone: 116 123

Email: jo@samaritans.org

www.samaritans.org

The Samaritans Bury St. Edmunds and West Suffolk Branch

Local telephone: 0330 094 5717

Rape Crisis England and Wales

For women and girls who have been raped or sexually abused

Telephone: 0808 802 9999

www.rapecrisis.org.uk

British Pregnancy Advisory Service (BPAS)

BPAS is the UK's leading abortion care service, providing impartial, evidence-based advice and counselling.

Telephone: 03457 30 40 30

www.bpas.org

Relate – for relationship advice and counselling

Relate the UK's largest provider of relationship support, and last year we helped over two million people of all ages, backgrounds, sexual orientations and gender identities to strengthen their relationships.

Telephone: 0300 0030396

www.relate.org.uk

Mind

Mind provide advice and support to empower anyone experiencing a mental health problem.

Telephone: 0208 215 2243

www.mind.org.uk

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)

<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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