

Information about fertility and sources of support

Here at Cambridge IVF we want you to have the best possible outcome from your [treatment](#) with us. To help you at all stages in their journey, we are bringing together an information resource which will we hope will:

- Help you to better understand conception and assisted conception.
- Direct you organisations that can provide help and [support](#).
- Provide tools to help you get the most out of your treatment.

Use the links on the right to navigate the information resource.

View our recent stories in the media [here](#).

- [Behind the scenes in the IVF laboratory](#).
- [Help is out there if you need to talk](#).

We know that IVF treatment can be very stressful for you and for those around you.

Postcode lottery

The postcode lottery for fertility treatment continues to be a major problem within the UK, with only 36 of 209 CCG's (Clinical Commissioning Groups) offering the 3 cycles recommended by NICE.

There are many ways that you and your patients can help to raise awareness of this issue and campaign for change.

[Sign the e-petition](#) for equal funding across the UK.

[Contact your MP](#) or Jane Ellison, the Minister for Public Health, to raise awareness of the issue in Parliament.

Counselling

We offer an independent counselling service and provide access to a variety of support groups. We are also happy to advise on where you can look for reliable information to help you make the right decisions during your treatment. The counselling service is flexible, designed to support you when you need it most.

We may suggest counselling if you are experiencing stress, anxiety, depression, issues with planning treatment, inability to cope with treatment, sexual problems related to your treatment, bereavement and end of treatment issues.

We provide implications counselling if you are using, or considering using donated sperm, gametes or embryos. This service is specially designed to help you come to terms with the personal and legal issues which may arise from these treatments.

If you are concerned that you may pass on an inherited condition, we will refer you to the genetics department at Cambridge University Hospitals. CUH is the East of England centre of excellence in this area. Their services are covered by the NHS.

How to access counselling

The team at Cambridge IVF will help put you in touch with our counselling service. If you feel you

need help, you can phone us, or discuss this with us face to face. You can also contact the counselling service directly - we will give you access to the details when you start your treatment with us.

You will be seen as soon as possible, always within two weeks. In urgent situations you may be seen within 24 hours. The counselling service operates between Monday and Friday but we offer an out of hours service in the evening or on Saturday mornings if you find it difficult to attend during work hours.

If you find yourself in an emergency situation, please call us. Where possible we will offer support over the phone. We may offer you time in clinic if this is needed and may be able to arrange to see you at home if you need help urgently and are unable to leave your house.

If you feel you would benefit from cognitive behaviour therapy, please discuss this with your GP. You can also contact the British Infertility Counselling Association (BICA), or the British Association of Counselling and Psychotherapy (BACP).