



COUNSELLING AFTER YOUR ANTENATAL SCAN -

when there are issues with your pregnancy.

RESULTS

During your appointment at the hospital, following your antenatal scan, you may have received results that are distressing or information that is difficult to process. You may need to adjust your hopes and dreams for your child or be asked to make choices and not know what to do or where to turn.

If you are struggling after getting the results of your antenatal scan, or if you just need a caring space to talk, we have Counsellors and Support Workers trained in both Pregnancy issues and Pregnancy choices, with whom you can talk in confidence.

OUR SERVICE

Jakin is a free and confidential counselling service - here to support you at this difficult time. We give you space to talk with someone who cares - who can listen to your thoughts and feelings and can look at your information and choices with you.

We are non-directive, which means you talk about the things that are important to you. If you have to make decisions - they are your own. We are here to support you unconditionally in a way that suits you best. Whatever your situation, we will continue to offer care and appropriate support, for as long as you need it.

CONTACT US

Please call, text or email 9-5pm weekdays, whether you want to talk, know more about our service or wish to make an appointment. Our counselling coordinator will take the call and, if you want counselling, will have a phone consultation with you to assess your needs and match you with an appropriate counsellor or support worker. During the pandemic we offer telephone or video call counselling instead of face-to-face sessions.

We offer a reduced service in the school holidays so please check our website for up to date information.

Please leave a message on the answerphone out-of-hours or if the coordinator is busy counselling.

OUR CONTACT DETAILS

Tel: 07599 397 938 Email: support@jakin-counselling.co.uk

Website: <https://www.jakin-counselling.co.uk>

OUR VENUES

Our venues are closed for counselling sessions at the moment, but we can supply telephone or Video Calling sessions.

Please check our website for more information