

Gestational trophoblastic disease

Gestational trophoblastic disease – counselling service

Information for patients, relatives and carers

Introduction

We know coping with the impact of a molar pregnancy, gestational trophoblastic disease, or a germ cell cancer can be difficult. Talking to a professional can help you understand and process its impact on you and your relationships. We offer a period of counselling to support you, and your partner if required, following your diagnosis.

Who is the service for?

Anyone currently being treated for or under the screening service for:

- molar pregnancy
- gestational trophoblastic disease
- or a germ cell cancer

How does talking to a professional help?

Many people get support by talking to close family members or friends. But you may find certain feelings hard to share with them. It can sometimes be useful to talk to someone from outside your situation, who has been trained to listen. A counsellor can help you explore your feelings and talk through confusing or upsetting emotions.

Talking one-to-one with a trained counsellor can help you find ways of coping with difficult feelings.

Do I have to be referred?

You can self-refer. Or you can ask one of the medical team (doctors or specialist nurses) to refer you to the service.

Everyone is entitled to a period of support.

If you would like access to counselling, you can contact us via our email address:
imperial.hmolepsych@nhs.net

What happens next?

Our specialist counsellor will be in touch to arrange an initial assessment. This can be via telephone, online or in person at Charing Cross hospital. The assessment is to find out what you would like to explore in counselling.

We recommend the following websites for extra information and support:

www.hmole-chorio.org.uk

www.miscarriageassociation.org (telephone: 01924 200799)

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3312 7777** (10.00 – 16.00, Monday to Friday). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:

imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk