

Support when trying to conceive

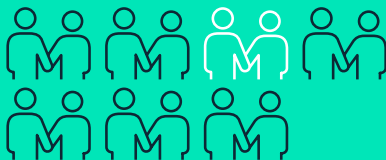
Making the decision to try for a baby can be an exciting time, however it can also feel daunting going into the unknown and wondering what lies ahead for your journey.

In the early days, trying for a baby can feel new and exciting, however when conception doesn't take place as hoped, after a while it can become all consuming, from everyday routines such as using methods to help track ovulation, to having a large proportion of your thoughts dedicated towards trying to understand your body and the different stages of your menstrual cycle. It can also be emotionally exhausting, experiencing repeated negative pregnancy tests and having your hopes, plans and aspirations for the future feeling so out of your control.

Trying to conceive (TTC) is a very personal and private decision, which can make TTC a very lonely and isolating time, as you may not have openly shared that you are trying to get pregnant. You might not realise it, but you'll probably know women who are experiencing similar struggles, but have not spoken about it. You aren't alone, and that's why we want to help normalise talking about infertility.

Sadly, for some, trying to conceive can be an on-going struggle.

Around 1 in 7 couples may have difficulty conceiving¹



Over **3.5 million** people in the UK go through some kind of fertility challenge²



It's okay not to be okay

There may be times through your TTC journey that you find it difficult to cope with day-to-day life or have difficulties facing events such as loved ones or colleagues announcing or talking about their pregnancies. You may find yourself feeling guilty about your reaction such as upset, bitterness, or resentment. It's normal to feel this way.

Talking can help

It's important to remember to reach out if you need support, whether that's to your partner, family, a friend, colleague, or a healthcare professional.

How your plan may support you

Advice and counselling services

Advice and counselling services are included with Simplyhealth plans so there's a qualified professional waiting at the end of the phone to offer practical information and emotional support 24/7.

Speak to a GP

Whatever stage of your TTC journey you're going through, it may help to get medical advice. Our 24/7 GP service allows you to speak with a GP at any time on camera via your smartphone or tablet, from the comfort of your own home. Book a video consultation using our SimplyConsult app, which is available to download from the App Store or Google Play. There are also several organisations where you can seek advice and support.

NHS | Fertility Network UK | Tommy's



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All together **healthier**

Sources:

¹ www.nhs.uk/conditions/infertility

² www.fertilitynetworkuk.org