

Psychological counselling

Counselling provides the opportunity to analyse your feelings, identify the problems causing stress and find strategies that would help you.

Sometimes it is enough to talk to somebody, who is impartial and non-judgemental, about your fears in order to be able to cope with everything.

You are welcome at the appointment of the clinical psychologist **Ada Alliksoo**, who offers advise and psychological support when finding out about infertility, during the different stages of treatment, in case of treatment failure or during pregnancy.

Women, men and couples are all welcome. We definitely expect couples who need to use **donor gametes** for in vitro fertilisation to attend psychological counselling. Psychological counselling is free for those insured by the Estonian Health Insurance Fund.