

FERTILITY FACT SHEET

Counseling Resources for Coping with Infertility

When diagnosed with infertility, many couples may no longer feel in control of their bodies or their life plan. Infertility can be a major crisis because the important life goal of parenthood is threatened. Most couples are accustomed to planning their lives. With infertility, this may not be the case. Infertility treatments can be physically, emotionally and financially stressful. The fertility journey and fertility treatment cycles can be very stressful on a couple's relationship and on an individual's mental well-being. Not only do some persons with infertility experience heightened stress levels, but some also suffer from clinical depression or depressive symptoms. In such situations, it may be beneficial to seek consultation with a mental health professional or coach who can help you work through some of the issues concerning you. Also, support groups and books on infertility can help validate your feelings and help you cope. RESOLVE is a national support organization for couples with infertility. Resolve has an active presence in the Bay Area (415)788-3002, website – resolve.com. Below is a list of some of the qualified resources in the Bay Area, this is not a comprehensive list and listing of names does not imply the recommendation of any particular counselor.

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