

What our Clients say

“The counselling helped me recover from one of the most traumatic experiences in my whole life in a very respectful and kind, thoughtful way. I uncovered many undealt problems along the way and now feel more equipped to deal with life challenges”.

Post abortion client

“(The counsellor) was very understanding and patient. Unlike other sessions for this issue I felt like I was in a safe and protected space.”

Post abortion client



Contact —

Please get in touch for an appointment

Clients can be referred, or refer themselves.

T 020 7700 4475
E info@choicesislington.org
W choicesislington.org/contact

Registered charity 1124209


choices
choicesislington.org

Affected by
abortion?

For some people abortion is an experience which becomes a painful part of their lives, even if they felt they were making the right decision at the time. If this is you, Choices can offer you support.

Talk to someone

020 7700 4475

Regd Charity No. 1124209

What support does Choices offer?

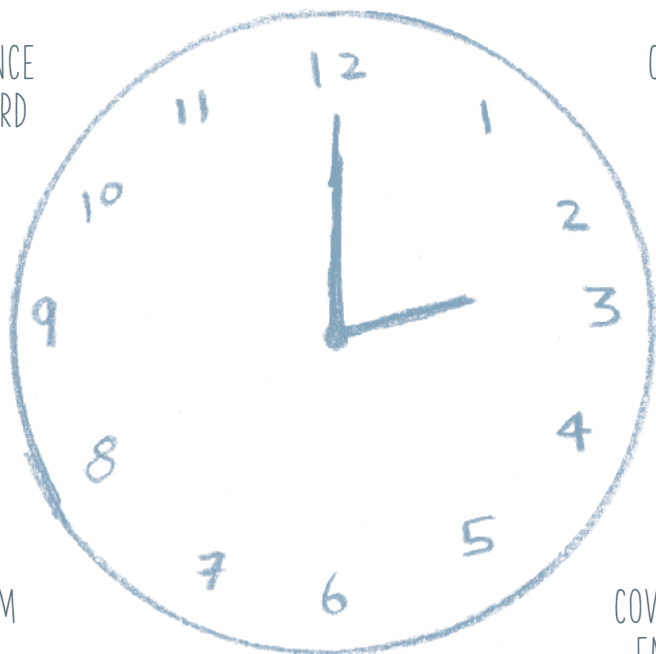
Choices offers time limited, low-cost counselling that supports the client to come to terms with any difficulties encountered by a pregnancy loss – particularly abortion.

Choices uses 'Time to Heal', a 12-step bereavement support programme, as a framework for the counselling. This offers both a practical and flexible approach for clients to work through the most pressing aspects of the difficulties they are experiencing.

Time to Heal

STEPS 10–12

ARE ABOUT ACCEPTANCE
AND MOVING FORWARD



STEPS 1–3

COVER THE ASSESSMENT
AND YOUR DECISION-
MAKING PROCESS

STEPS 4–6

COVER THE MOST COMMON
EMOTIONS EXPERIENCED

STEPS 7–9

FOCUS ON SELF-ESTEEM
AND GRIEF

Low Cost Counselling

We recognise that not everyone is able to access private therapy.

So through our low cost, not for profit, counselling service, we aim to balance covering the cost of providing much-needed pregnancy loss and post abortion counselling with an affordable alternative. The initial appointment is free of charge.

Our low cost service bases payment on a sliding scale of income. We charge from £4–£40 per 50-minute session. A maximum of 24 sessions is offered.

About Choices

Choices Islington has twenty years' experience working in the area of unplanned pregnancy and pregnancy loss counselling.

We are particularly experienced in the area of post abortion concerns. We offer a safe, compassionate, non-judgemental space for both women and men who are struggling to come to terms with their particular pregnancy loss experience. We are an organisational member of the British Association of Counselling and Psychotherapy (BACP).

Choices Islington is a charity and receives no statutory funding to provide its services. We raise funds through trusts, grants and private donations. We aim, where possible, to cover some of the costs of running our services, including counselling.

Our Team

We have 25 years combined experience in responding to unplanned pregnancy, pregnancy loss and post abortion concerns.

Our team is made up of trained counsellors who treat every client with compassion, integrity, respect and trust. Above all we always maintain the integrity of our client relationships, meaning every case is confidential and handled discreetly.