

Fertility Support Resources

Below is a small selection of the many resources which might be of help and interest on the subject of fertility, treatment and trying to conceive. It is not an endorsement of these organisations and platforms but simply some options which may help you in going through fertility treatment.

(Please follow us on Facebook, Instagram and through our website for up-to-date and relevant developments/information):

General Information/support/resources:

HFEA www.hfea.gov.uk

The Human Fertilisations and Embryology Authority is the UK's fertility regulator. The HFEA provides accurate and impartial information on IVF, UK fertility clinics and other fertility treatments/'Add-on's'. A great source of reliable information and worth looking up.

The Fertility Alliance [The Fertility Alliance](http://TheFertilityAlliance)

The Fertility Alliance is a national fertility charity offering support and accurate information for anyone who wants to know more about their fertility. They provide various support groups for different patient-groups (Men, Secondary Infertility, Stopping treatment, LGBTQ+, those working in healthcare provision and affected by fertility difficulties), and they have an active *You Tube* channel with webinars on a host of fertility-related topics. Due to the closure of Fertility Network UK, The Fertility Alliance will also be taking on the responsibility for running new support groups so keep an eye on their webpage for further details.

Fertility Action <https://fertilityaction.org>

Supporting those navigating emotional challenges of fertility treatment, working alongside various stakeholders to enhance awareness and understanding and voice. Support groups include Trying to Conceive and Fertility Support; Positive test and beyond and Life after treatment.

Progress Educational Trust <https://www.progress.org.uk>

A charity improving choices and providing information for those affected by fertility and genetic conditions. They have a good podcast series and You Tube channel with an extensive range of webinars and topics on all aspects of fertility and trying to conceive.

British Fertility Society www.britishfertilitysociety.org.uk

Information in the form of 'Quick Guides' to fertility assessment and treatments.

Fertility Scotland www.fertility.scot

For fertility help, for patients, egg and sperm donors and professionals, or anyone who is interested in finding out more about NHS fertility services across Scotland.

Fertility Friends www.fertilityfriends.co.uk

A free membership community with members at every stage of treatment and post treatment.

All About Fertility <https://all-about-fertility.com>

An informative website explain all about the various factors around fertility.

Baby and pregnancy loss:

MISS [MISS | Supporting those affected by pregnancy loss in Scotland](#)

MISS provides one-to-one sessions, virtual support groups, and a range of resources including memory boxes, support packs, podcasts, and a private peer support group.

The Miscarriage Association www.miscarriageassociation.org.uk

Helpline, on-line and other resources to support people affected by miscarriage

SANDS www.sands.org.uk

Support for stillbirth and neonatal death through a free national helpline, bereavement support app for parents, families and carers; support groups with befrienders; an on-line forum

Tommy's www.tommys.org

Support for parents and families who lose a baby, experience premature birth and to help with a healthy pregnancy

The Ectopic Pregnancy Trust www.ectopic.org.uk

Offers support to those affected by an early pregnancy complication, discussion forums, a helpline and treatment leaflets

Particular fertility-related health issues:

Endometriosis Society www.endometriosis-uk.org

Information and support to those affected by this condition.

Polycystic Ovary Syndrome www.verity-pcos.org.uk (now known as PMOS (Polyendocrine Metabolic Ovarian Syndrome))

Information and support for those affected by this condition.

The Daisy Network www.daisynetwork.org

Information and support for Premature Ovarian Insufficiency.

Support for men:

NeXY's

A podcast, You Tube channel and support group (accessed through The Fertility Alliance).

The Men's Fertility Forum www.mensfe.net

Support and information around male fertility.

Guided Meditation; breathwork; mindfulness:

There are many helpful resources available on platforms such as YouTube and Spotify and through Apps which offer free guided meditation, affirmations, breath-work exercises and mindful practice for those going through fertility treatment and trying to conceive. Examples such as **Mindful IVF** (an App) and **Jackie Brown** (Spotify) – **Fertility Meditations: Imagery and Visualisations for IVF** are popular.

It is a personal choice as to whether these would be of help to you but worth exploring and finding ones that might work for you.

Podcasts can also be quite popular and aid a sense of community support (treatment can feel very isolating) – here are some which have been popular in recent years:

Big Fat Negative

Fertility Life Raft with Alice Rose

The Fertility Podcast

The Worst Girl Gang Ever with Laura and Bex

The Fertility Psychologist with Dr Marie Prince

The Male Fertility Podcast

Paths To ParentHub

Some Families

The Progress Educational Trust podcast

The Stork and I Podcast (for solo women)

Compiled by Angela Park, Fertility Counsellor, Aberdeen Fertility Centre.

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