



Mills Perinatal Wellness Group, PC

What is Infertility?

Being diagnosed as infertile can be a nerve-racking experience for couples. Infertility can cause psychological distress, emotional stress and financial difficulties for both partners. The financial cost of infertility treatment also significantly contributes to the stress. Furthermore, it may also harm a person's relationship with their partner as well as with that of friends and family members.

Signs and Symptoms of Infertility Distress

Feelings

- Anger
- Guilt
- Sadness
- Shame and worthlessness
- Depressed
- Anxiety
- Low self esteem
- Resentment
- Emptiness
- Alone and isolated