for employees

Know your options and ask for what you need

- Find out what support is available before or when you start treatment.
- Talk to your manager or HR if you feel comfortable - you have the right to keep personal matters private and decide how much you want to share.
- Ask about flexibility around appointments, medication, working hours or location.
- Ask what leave options are available before using annual or unpaid leave.
- Agree how and when you want to communicate about your treatment.
- Let your manager know what practical support would help, even if it is something small.
- Ask who else can support you if talking to your manager feels difficult.
- Connect with others who understand, consider joining or creating a peer support group, and help build a workplace where people can support each other.
- Remember: you are asking for reasonable support during a significant life experience.

You shouldn't have to choose between your treatment and your work.

Double Duty Fertility@Work