

What we can do for you now...

- ❖ Give you a FREE pregnancy test.
- ❖ Offer counselling and alternatives to abortion.
- ❖ Counsel as needed with parents, boyfriend or husband.
- ❖ Provide you with sound medical advice.
- ❖ Show you how you can continue studies or your job.
- ❖ Help with accommodation.
- ❖ Help arrange financial assistance.
- ❖ Help you find out about resources in the community which may be useful.
- ❖ Provide contacts in many other countries who can offer similar services.
- ❖ Offer help and guidance in all related areas.

**All services offered
in strict confidentiality**

...and later on

- ❖ Ongoing personal counselling.
- ❖ Help with fostering healthy relationships.
- ❖ Both prenatal and postnatal guidance.
- ❖ Provide maternity clothes and baby things.
- ❖ Referral for adoption/fostering counselling.
- ❖ Help with baby-sitting.
- ❖ Planning for the mother and baby's future.
- ❖ Other assistance suitable to your particular circumstances and needs.
- ❖ Help foster self-development from which to learn responsibility for one's own actions and respect for the rights of others.

**No judgements are made
No strings attached**

Reach out for life

You and your unborn baby are important valuable human beings with basic rights and individual needs.

We care about you. We know you are facing perhaps the greatest personal crisis of your life. You don't have to face it alone now!

Possible physical complications of abortion:

- ❖ Perforation of the uterus or cervix
- ❖ Haemorrhage
- ❖ Infection
- ❖ Retained placenta or foetal parts
- ❖ Inability to become pregnant in future
- ❖ Disruption of menstrual cycle
- ❖ Breast cancer

Possible psychological complications:

- ❖ Guilt, fear, anxiety
- ❖ Depression or thoughts of suicide
- ❖ Obsession with the would-be birth date
- ❖ Re-experiencing the abortion
- ❖ Preoccupation with becoming pregnant again
- ❖ Feeling unworthy or incapable of motherhood
- ❖ Damage to maternal instinct and to bonding process with any other children you have
- ❖ Alcohol and drug abuse; eating disorders

Our help is free

❖ What am I going to do?

How can I be sure I am pregnant?
How should I tell my family?
Can I continue in school or keep my job?
Where can I obtain good medical care?
What about finances?
Can I keep my baby?
Should I keep my baby?
Is marriage the solution?
Where can I live until my baby is born?

Who will help if...

You are pregnant –
And your first thought is
“No – not me – oh, Please – not me!”

You are scared ... resentful ... angry.
You feel sick and your nerves
are like hot wires.

Your whole world is changing
and you don't want to face it.
Not now – not yet.

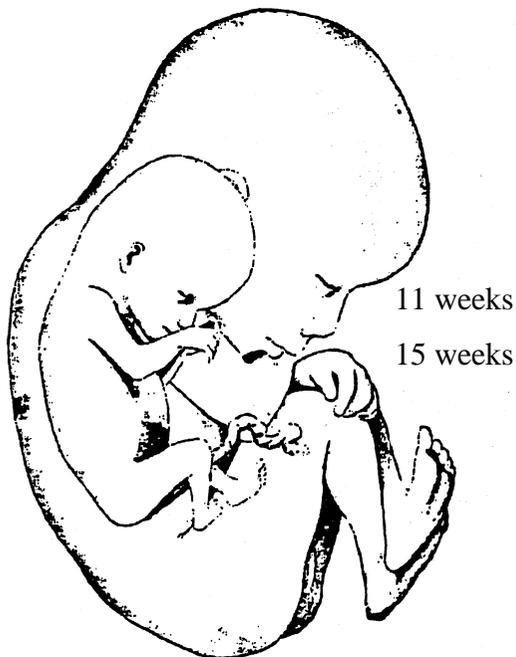
You want yesterday again.

Who will listen and really understand how
scared and sick and angry you are?

We will!

This little unborn baby's
heart is beating on the 18th day,
and by the 24th day it has eyes, spinal
cord, nervous system, thyroid glands,
lungs, stomach, liver, kidney and
intestines.

**A tiny person ... his actual size and
appearance**



6 weeks



8 weeks

Pregnant...

Worried?



We'll help!

Freephone Pregnancy Advice
Tel. 0800 096 2518

Help in Ireland
From UK: 00 353 1 878 0066
From Ireland: 01 878 0066