**Pregnant?… Worried? Need Help?**

Abortion Pill Reversal - A Second Chance

Get Help 24/7 Call: 1-877-558-0333, email: info@apr.life

Non-Emergency Office: 1-614-885-7577

Options Line

24/7 Help: 1-800-712-4357 – offers both abortion pill reversal information, and support after abortion.

National

[Nation-wide list of pregnancy help centres](http://www.campaignlifecoalition.com/index.php?p=Pregnancy_help) - [HELPLINE (24-hour hotline)](http://www.campaignlifecoalition.com/index.php?p=Pregnancy_help)
1-800-665-0570 website: https//www.choice42.com/resources

Local (Ottawa)

[Birthright](http://www.birthright-ottawa.org/)
613-231-LOVE (5683) – a french speaking contact can be provided, if requested
2039 Robertson Road, #254, Ottawa

24/7 Free Helpline: 1-800-550-4900

Website: <https://www.birthright.org/ottawa>

[Miriam Centre](http://www.miriamottawa.org/)
613-830-8623
Suite 107, 1803 St. Joseph Blvd., Orleans

Website: https//www.miriamcentre.ca

[St. Mary's Home](http://www.stmaryshome.com/)
613-749-2491, email: info@stmaryshome.com
780 rue l’Eglise, Ottawa

Focus is on parenting resources

(Montréal) for French communication – from Campagne Québec-Vie

1-855-871-4442, email: aide@enceinteinquiete.org

Difficult prenatal diagnosis

[Canadian Down's Syndrome Society](http://www.cdss.ca/blog/information/new-parent-information/)

“You can get the greatest joy out of those little ones. We didn’t terminate because we were hanging on to some sort of hope that there was a medical mistake, or that there was going to be some sort of medical miracle. We didn’t terminate because he’s our son."

Adoption help

[Canada Adopts](http://www.canadaadopts.com/birthmothers/index.shtml)
Section for birth mothers, email: info@canadaadopts.com

**Reach out for life**

You and your unborn baby are important and 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.

All services offered with strict confidentiality.

No judgment made. No strings attached. Our help is free.

**Possible physical complications from abortion**

* perforation of the uterus or cervix
* hemorrhage
* infection
* retained placenta or fetal parts

**Possible post-abortion complications**

* Guilt
* Anxiety
* Depression and thoughts of suicide
* Anniversary syndrome
* Re-experiencing the abortion
* Preoccupation with becoming pregnant again
* Anxiety over fertility and childbearing issues
* Interruption of bonding process with own children
* Survival guilt
* Development of eating disorders
* Alcohol and drug abuse