What am I going to do?

- How can I be sure I am pregnant?
- Can I continue in school? . . . 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.

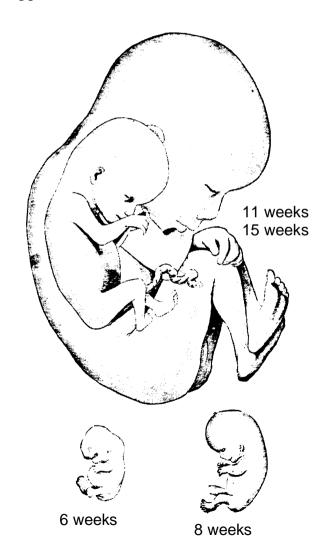
You want yesterday again.

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

We will!

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

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



Pregnant?

Not sure what to do?....



We'll Help!

Call our London Centre:

020 7724 6465

our help is free

What we can do for you now

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 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!

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