

## 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 . . .



6 weeks



8 weeks

## 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:**

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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:**

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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**