

**YOU'VE  
JUST FOUND  
OUT SHE'S  
PREGNANT.  
WE CAN HELP.**

**FREETEXT info TO 50444  
OR VISIT [positiveoptions.ie](http://positiveoptions.ie)**

You've just found out she's pregnant and you really don't know how you're feeling. If you'd like to talk to someone, there are many crisis pregnancy services available which you can visit either on your own or together. These organisations provide free, non-judgmental counselling to help and support you.

**+OPTIONS**  
CRISIS PREGNANCY SERVICES

crisispregnancyagency 