

I'm too young. I'm too old. I didn't plan it. It's the wrong time. What about work? I don't know what to do...
Unplanned pregnancy?
Talking to a counsellor can help.

Visit positiveoptions.ie or
freetext list to 50444

+OPTIONS

CRISIS PREGNANCY SERVICES

Help. Support. Understanding.

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BALLINASLOE CPSS

1850 20 06 00 (Lo Call)
or 090 964 8190

BRAY WOMEN'S HEALTH CENTRE
0818227034

CURA

1850 62 26 26 (Lo Call)

FEMPLUS CLINIC, DUBLIN
01 821 0999

**IRISH FAMILY PLANNING
ASSOCIATION (IFPA)**
1850 49 50 51 (Lo Call)

KERRY CPCS

Family Planning and Women's
Health Clinic, **Tralee**
066 712 5322

Kerry Counselling & Training
Services, **Tralee**
066 712 2931

Southwest Counselling Centre,
Killarney
064 6636416

LIFE PREGNANCY CARE SERVICE
1850 28 12 81 (Lo Call)

MAYO CPSS

1890 20 00 22 (Lo Call)

MIDLANDS CPCS

1800 20 08 57 (Lo Call)

ONE FAMILY

1890 66 22 12 (Lo Call)
or 01 662 9212

PACT

1850 67 33 33 (Lo Call)

SEXUAL HEALTH CENTRE, CORK
021 427 6676
or 021 427 5837

THE WELL WOMAN CENTRE

Lwr. Liffey Street, Dublin
01 872 8051

Ballsbridge, Dublin
01 660 9860

Coolock, Dublin
01 848 4511

WEST CORK CPCS

1890 25 23 59 (Lo Call)

YOUTH HEALTH SERVICE, CORK
021 422 0490 or 021 422 0491

+OPTIONS

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Fidneamach na Seirbhíse Sláinte
Health Service Executive

crisispregnancyprogramme

