

If you need help and support you can contact any of the services regardless of where you live.

**BALLINASLOE CRISIS
PREGNANCY SUPPORT SERVICE**

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 CRISIS PREGNANCY
COUNSELLING SERVICE**
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 CRISIS PREGNANCY
SUPPORT SERVICE**

1890 20 00 22 (Lo Call)

**MIDLANDS CRISIS PREGNANCY
COUNSELLING SERVICE**
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 CRISIS PREGNANCY
COUNSELLING SERVICE**
1890 25 23 59 (Lo Call)

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

Visit positiveoptions.ie for service opening times

If you are unmarried and pregnant or have a baby and need information on legal rights, social welfare entitlements, shared parenting etc., contact Treoir.
Phone 1890 25 20 84 (Lo Call) or www.treoir.ie

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.



IF YOU ARE DEALING WITH AN UNPLANNED PREGNANCY TALKING TO A COUNSELLOR CAN HELP.

All of the organisations listed in this leaflet offer pregnancy counselling that is free, non-judgemental and trustworthy. Pregnancy counselling can provide an opportunity for you to explore your feelings about your pregnancy and to discuss the options open to you in confidence and privacy.

All of the organisations listed provide information on parenting and adoption including information on social welfare entitlements, accommodation, legal rights and support services. If requested, all the agencies listed will discuss the option of abortion during a pregnancy counselling session. If requested, all services except CURA and Life, will give contact details for abortion clinics in a pregnancy counselling session.

Many doctors also provide services for women with unplanned pregnancies. If you need support and help, think about contacting a GP or doctor in your area.

Visit positiveoptions.ie or freetext list to 50444

+OPTIONS
CRISIS PREGNANCY SERVICES
Help. Support. Understanding.

MAP OF SERVICES



SERVICES ARE NON-JUDGEMENTAL AND FREE

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