

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

**BALLINASLOE CRISIS
PREGNANCY SUPPORT SERVICE**

1850 20 06 00 (Callsave)
or **090 964 8190**
Lines open from 9am to 5pm Mon-Fri

CURA

1850 62 26 26 (Callsave)
Lines open from 9.30am to 9pm
Mon-Fri and from 10am to 5pm on Sat

DUBLIN WELL WOMAN

Lr Liffey St. **01 872 8051**
Ballsbridge **01 660 9860**
Coolock **01 848 4511**
Lines open from 9am to 6pm
Mon-Fri and from 10am to 4pm
on Sat

**IRISH FAMILY PLANNING
ASSOCIATION (IFPA)**

1850 49 50 51 (Callsave)
Lines open from 9am to 5pm Mon-Fri

**KERRY CRISIS PREGNANCY
COUNSELLING SERVICE**

Family Planning and Women's
Health Clinic, Tralee
066 712 5322
Kerry Counselling Centre, Tralee
066 712 2931
Southwest Counselling Centre,
Killarney
064 36416/064 36474
Lines open Mon-Fri 10am to 4pm

LIFE PREGNANCY CARE SERVICE

1850 28 12 81 (Callsave)
Lines open 9am to 9pm
Mon-Fri and 3pm to 9pm on Sun

**MAYO CRISIS PREGNANCY
SUPPORT SERVICE**

1890 20 00 22 (Lo Call)
Lines open 9.30am to 5pm Mon-Fri

**MIDLANDS CRISIS PREGNANCY
COUNSELLING SERVICE**

1800 20 08 57 (Freephone)
Lines open 9.30am to 1pm and 2pm
to 3pm Mon-Fri

ONE FAMILY

1890 66 22 12 (Lo Call)
or **01 662 9212**
Lines open 9am to 5pm Mon-Fri

PACT

1850 67 33 33 (Callsave)
Lines open 10am to 4pm Mon-Fri

SEXUAL HEALTH CENTRE, CORK

021 427 6676 or
021 427 5837
Lines open 10am to 5pm Mon-Fri

**WEST CORK CRISIS PREGNANCY
COUNSELLING SERVICE**

1890 25 23 59 (Lo Call)
Lines open 9.30am to 3pm Mon-Fri

YOUTH HEALTH SERVICE, CORK

021 422 0490 or
021 422 0491
Lines open 8.30am to 5.30pm
Mon-Fri

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

To re-order phone 01 814 6292 or
email info@crisispregnancy.ie

crisispregnancyagency



An unplanned
pregnancy
is not the
end of the
world

IF YOU ARE DEALING WITH AN UNPLANNED PREGNANCY POSITIVE OPTIONS CAN HELP YOU TO PICK UP THE PIECES

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 organisations 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.

Freetext list to 50444
positiveoptions.ie

LOCATION OF FREE CRISIS PREGNANCY COUNSELLING SERVICES

