

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 (Lo Call)
or 090 964 8190

Bray Women's Health Centre

0818 227034

Cura

1850 62 26 26 (Lo Call)

Femplus Clinic, Dublin

01 821 0999

Here2help

1850 67 33 33 (Lo Call)

**Irish Family Planning
Association (IFPA)**

1850 49 50 51 (Lo Call)

**Kerry Crisis Pregnancy
Counselling Service**

Tralee Women's Resource
Centre

066 712 0622

Southwest Counselling
Centre, Killarney

064 663 6416

Life Pregnancy Care Service

1800 28 12 81 (Freephone)

**Mayo Crisis Pregnancy
Support Service**

1890 20 00 22 (Lo Call)

**Midlands Crisis Pregnancy
Counselling Service**

1800 20 08 57 (Freephone)

One Family

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

Sexual Health Centre, Cork

021 427 6676
or 021 427 5837

The Well Woman Centre

Lwr. Liffey Street, Dublin
01 872 8051

Ballbridge, Dublin

01 660 9860

Coolock, Dublin

01 848 4511

**West Cork Crisis Pregnancy
Counselling Service**

1800 25 23 59 (Freephone)

Youth Health Service, Cork

076 108 4150

Visit www.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



**Unplanned pregnancy?
We can help, support
and understand.**



Visit www.positiveoptions.ie
or freetext list to 50444

+OPTIONS
CRISIS PREGNANCY SERVICES
Help. Support. Understanding.



crisispregnancyprogramme



If you need to talk to someone in confidence about how you're feeling without being judged, we're here.

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 organisations. If requested, all the organisations 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.

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Map of Services



Services are non-judgemental and free.

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