



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



Visit www.positiveoptions.ie or
freetext **list** to **50444**

+OPTIONS

CRISIS PREGNANCY SERVICES

Help. Support. Understanding.

Crisis pregnancy counselling is free of charge

Ballinasloe CPSS

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 CPCS

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 CPSS

1890 20 00 22 (Lo Call)

Midlands CPCS

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

Ballsbridge, Dublin

01 660 9860

Coolock, Dublin

01 848 4511

West Cork CPCS

1800 25 23 59 (Freephone)

Youth Health Service, Cork

076 108 4150

Visit www.positiveoptions.ie for service opening times



crisispregnancyprogramme

