



My Options

Abortion information and listening support

The My Options helpline provides information on how to access abortion services. Not all GPs or doctors provide abortion care. The helpline can provide contact details of GPs or doctors and family planning clinics that do. Staff can also provide listening support to anyone experiencing an unplanned pregnancy.

Freephone **1800 828 010**

Webchat available at **myoptions.ie**

If you have had an abortion and need medical advice, you can speak to a nurse **24 hours a day, 7 days a week.**



A young woman with curly hair is looking down at a pregnancy test she is holding in her hands. The background is a bright, slightly blurred indoor setting.

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A woman with curly hair, wearing a yellow long-sleeved shirt, is sitting and looking down at a pregnancy test she is holding in her hand. She has her hand resting on her chin, looking thoughtful. The background is a bright, out-of-focus indoor setting with a window and some plants.

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