

## My Options

All the information and support you need in an unplanned pregnancy

# Unplanned Pregnancy?

A new freephone line can help  
Call 1800 828 010

Monday to Friday 9am to 9pm  
Saturday 10am to 2pm



If you are experiencing an unplanned pregnancy, **My Options** is a new HSE freephone line that can give you free and confidential counselling.

We can provide you with information and support on all your options, including continued pregnancy supports and abortion services.

[www.myoptions.ie](http://www.myoptions.ie)





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Monday to Friday 9am to 9pm  
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## Counselling for an unplanned pregnancy

Unplanned pregnancy counselling is designed to support and help you to cope with your unplanned pregnancy.

We can provide counselling over the phone or we can refer you to face-to-face counselling.

Call us on **1800 828 010** and talk to one of our professional and experienced counsellors.

You can also avail of post-abortion counselling.

This is a free service,  
available to everyone who needs it.

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