

## My Options

All the information and support you  
need in an unplanned pregnancy

### Unplanned Pregnancy?

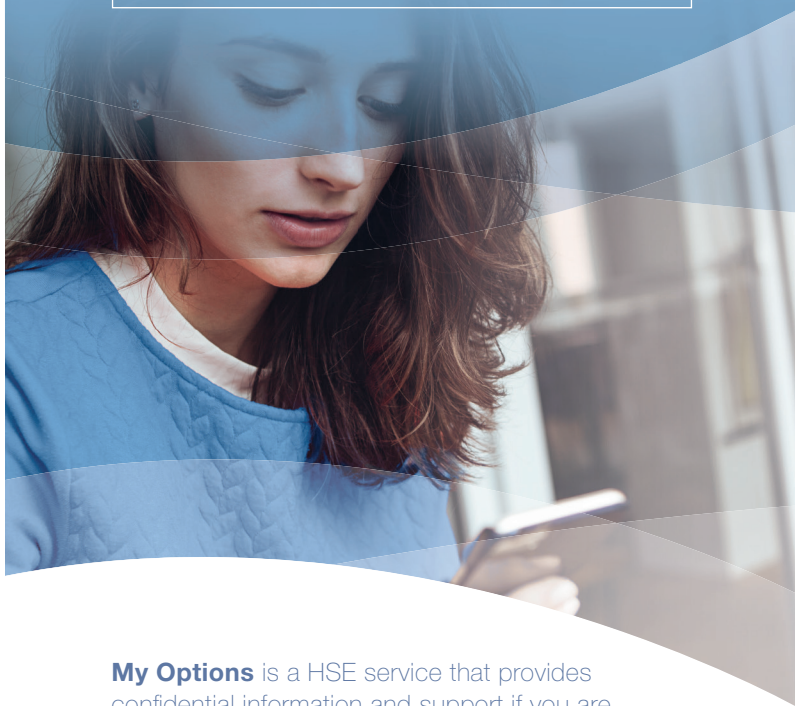
Freephone

**1800 828 010**

Monday to Friday 9am to 8pm

Saturday 10am to 2pm

or visit **myoptions.ie**



**My Options** is a HSE service that provides confidential information and support if you are experiencing an unplanned pregnancy.

Professional, experienced counsellors can talk to you about all your options, including continued pregnancy supports and abortion services.

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





Freephone

**1800 828 010**

or use our webchat service on

**myoptions.ie**

Monday to Friday 9am to 8pm

Saturday 10am to 2pm



## Unplanned pregnancy support

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

We can provide support and information over the phone, via our webchat service or we can refer you to face-to-face counselling.

Call us on **1800 828 010** or visit **myoptions.ie** 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.

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

