Having an Unplanned Pregnancy, what can I do?

Experiencing an unplanned pregnancy, you may possibly feel...

- Shocked
- Anxious
- Depressed
- Perplexed
- Confused
- At a loss

What can you do?
- Get married and keep the baby?
- Keep and take care of the baby by yourself?
- Place the baby for adoption?
- Terminate the pregnancy?

How to choose?
You may have difficulties making a decision. Nevertheless, there must be solutions, and you are not alone or helpless as many people are willing to help out. Avoidance and concealment will only make the matter difficult and even jeopardise your and your baby’s health and life. Thus, you should seek help and support from your family, friends, professionals, and other trustworthy persons so that they can share your worries.

What can your family and friends do for you?
Their companion, understanding, acceptance, consolation, encouragement and advice will be of great support to you.

What can professionals do for you?
Doctors, nurses, social workers, professional counsellors, teachers and other professionals can give you useful information and professional opinions according to your conditions. Where necessary, social workers and professional counsellors can also offer you counselling and arrange for other support services that you may need.

For you and your baby, seek early assistance. You may call the following hotlines to contact a social worker / professional counsellor:

- Social Welfare Department Hotline 2343 2255
- CEASE Crisis Centre Hotline 18 281
- Family Crisis Support Centre Hotline 18 288