अपरिकल्पित गर्भधारण भएको, म कै गर्ली सक्रुदै?

तपाई को मनमान तपाईँको परिवार परि जीवनस्तरको कारण तपाईंलाई हवा मात्र हुँनुहुनु हुँदै?

नपल्दा अनुभव, तपाईलाई संबंधित...

विवेचनसहले तपाईँको निर्देश कै गर्ली सक्रुदै?

जङ्गल हवा, नर्सिंग, समाजसेवाकर्मी, पेशेवार परामर्शदाताहरु, विवेचनाहरु अनि अन्य विवेचनसहले तपाईँको अनुभव आफ्नो सहयोगी जानकारी हुनुहुनु र पेशेवार परामर्शदाताहरु तपाईलाई हवा सक्रुदै। जस्तै पररी बिजनामा, समाजसेवाकर्मी र पेशेवार परामर्शदाताहरुले तपाईलाई पेशेवार सहयोग हवा सक्रुदै तपाईलाई चाहिएको अर सहयोग सेवाहरुको प्रबन्ध गर्न सक्रुदै।

तपाईको र तपाईको बच्चको निमित, पाछो सहायता बोल्नुहोस्

एकजन समाजसेवक / पेशेवार परामर्शदाता सिर्म समर्पण गर्न तल दिएको हटलाइजङ्गला फौल गर्न सक्रुदैः

समाज कायमन विवरण हटलाइजङ्ग 2343 2255
सिज संकेत कैंड हटलाइजङ्ग 18 281
परिवार संकेत सहयोग कैंड 18 288
**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