

# 意外懷孕了！ 怎麼辦？



## 倘若意外懷孕， 你可能會感到...



### 可以怎麼辦？

- 奉子成婚？
- 把孩子誕下來，獨自撫養？
- 安排領養？
- 終止懷孕？

### 如何抉擇？

你可能會難以作出決定；然而，總有解決辦法，而你亦非孤單無助，因為很多人都樂意幫忙。逃避和隱瞞只會令事情變得難以處理，甚至會危及你和你孩子的健康和生命。因此你應向家人、朋友、專業人員或其他可信賴的人士尋求協助，與你分憂。

家人和朋友可給你甚麼支援？  
他們的陪伴、體諒、接納、  
安慰、鼓勵和意見，  
對你是一種極大的支持。

### 專業人員可給你甚麼支援？

醫生、護士、社工、專業輔導員、老師及其他的專業人員可就你的情況提供有用資料和專業意見；在有需要時，社工、專業輔導員亦可提供輔導，或安排你接受所需的支援服務。

為了你和你的孩子，請盡早尋求協助。  
可致電以下熱線，聯絡社工/專業輔導員  
社會福利署熱線：2343 2255  
芷若園24小時熱線：18 281  
向晴24小時熱線：18 288

# Having an Unplanned Pregnancy, what can I do?



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



### 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

 社會福利署  
Social Welfare Department

凝聚家庭 齊抗暴力

 愛關懷