

Are you...

Anxious about an
unplanned pregnancy?

Struggling following
an abortion or
pregnancy loss?

If so, **Pregnancy Options Centre** is here to help.
We offer **free**, confidential and non-judgemental
support to women and men for unplanned
pregnancy, post abortion or pregnancy loss.



**PREGNANCY
OPTIONS
CENTRE**

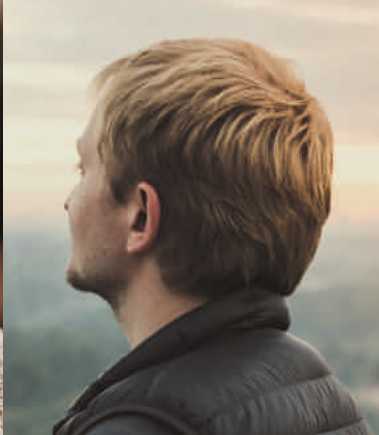
Call

01243 784177

Text

07843 543792

email counselling@optionschichester.org.uk



- **Information and Support**
- **Post Abortion and Pregnancy Loss Counselling**

Our service is confidential, unbiased and free.

We offer clients facing an unplanned pregnancy information on all the options available as well as pregnancy testing.

We aim to see clients within 48 hours of making contact. We do not refer for abortion but are able to direct to agencies as appropriate.

For post abortion and pregnancy loss we are well resourced to provide both immediate and long term help as necessary, supporting both recent and historic experiences.

“ I credit the service with literally saving me during a time of crisis.” Post Abortion Client



optionschichester.org.uk

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