

**pregnancychoices**  
helpline

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**Pregnancy can often  
be unplanned**



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If you, or someone you know, are experiencing an unplanned pregnancy, the Pregnancy Choices Helpline can support with free, unbiased and confidential information on pregnancy options.

You can speak with a health professional by calling: the Pregnancy Choices Helpline on **1800 008 463**.

This phone line is available 8:00am-8:00pm Monday to Friday, or you can visit the Pregnancy Choices Helpline website and Live Chat at **[www.pregnancychoices.org.au](http://www.pregnancychoices.org.au)** for more information.

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