

The Pregnancy Advisory Centre provides health services for women who are facing unintended pregnancy.

Services provided include:-

- Emergency contraception
- Counselling
- Pregnancy testing
- Abortion services
- Contraceptive information and provision
- Sexual health care and information
- Information and referrals to other services

We promote women's rights to make informed decisions and maintain control over their lives.

WHEN CAN COUNSELLING HELP?

- Despite most Australians' support for a woman's right to decide about an unintended pregnancy, society's attitudes often convey judgement and mistrust of women choosing abortion. Some women experience confusion, guilt or fear about being stigmatised and want to talk these feelings through with someone.
- Sometimes women want counselling for the opportunity to clarify their thoughts and feelings about abortion and unplanned pregnancy.
- When faced with an unintended pregnancy the decision for some women, given their circumstances, is clearcut. For others the way to proceed for the best is not straightforward. Their own feelings about the situation, the pressures they feel or the influences of others' feelings may make the decision more difficult.

- Women also feel the need to discuss feelings and reactions with someone other than family, partner or friends.
- Sometimes after an abortion women want to talk about the experience and their feelings whether the abortion was provided at the PAC or at another hospital, recently or a longer time ago.

WHAT IS COUNSELLING?

The Centre's counsellors respect each woman's unique circumstances and aim to provide a confidential and safe place to talk.

Counselling can provide an opportunity to:-

- explore your feelings and thoughts about having an abortion
- discuss your situation with someone who will not pressure you
- explore your options before making a decision concerning an unintended pregnancy
- discuss the situation with your partner, family or friends in the presence of an independent person
- affirm your decision and seek support in making future plans.

The counsellor's role is to explore the situation with you and if appropriate, plan strategies without offering advice.

Strategies may include:-

- exploring all aspects of each option
- considering the influences on your decision

- reviewing important decisions you have made previously which impact upon your current circumstance.

TRUSTING YOURSELF

- It is estimated that one in every 3 to 4 women will have an abortion during her lifetime so it is a very common experience.
- Research shows that if the decision has been made without pressure from others and an abortion is carried out in a supportive environment, with caring and skilled staff, women find the experience is a positive one.
- The most important consideration for any woman is her own sense of what is best for her and her situation.

SOME COMMENTS FROM WOMEN WHO HAVE HAD COUNSELLING AT THE PAC

- "I felt my feelings and needs were taken seriously and listened to."
- "They were non-judgemental and understood my feelings."
- "I went the first day with the weight of the world on my shoulders, but thankfully after I had spoken to someone it helped me realise I'm not alone with this problem."
- "I felt comfortable and relieved after talking to someone."
- "As hard as it was, I definitely made the right decision."
- "They did not try to influence my decision."

USING PAC SERVICES

- Generally, counsellors at the Centre will ask to see you on your own at first. However, counselling can be for you, your partner or both of you, or with other family members.
- Partners and/or parents are welcome to use our counselling service in order to deal with their own issues about an unplanned pregnancy or abortion.
- You can also speak to a counsellor over the phone.
- A counselling session at the Centre can be arranged by telephone and further sessions are available as needed.
- Services are confidential and free of charge.

Counselling Appointment

***Pregnancy Advisory Centre
21 Belmore Terrace
Woodville Park SA 5011
Ph: (08) 8243 3999
SA Country Free Call: 1800 672 966
www.pregnancyadvisorycentre.com.au***

Date:

Please arrive at:

OTHER COUNSELLING SERVICES

If you would prefer to go somewhere else for counselling, these options are available:

SHine SA

64c Woodville Road
WOODVILLE Ph: 8300 5301
(SHine SA has regional metropolitan branches)

Women's Health Statewide

64 Pennington Terrace
NORTH ADELAIDE Ph: 8267 5366

Dale St. Women's Community Health Centre

47 Dale Street
PORT ADELAIDE Ph: 8444 0700

Northern Women's Community Health Centre

28 Phillip Highway
ELIZABETH Ph: 8252 3711

Southern Women's Community Health Centre

Noarlunga Centre
Alexander Kelly Drive
NOARLUNGA Ph: 8384 9555

Migrant Health Service

21 Market Street
ADELAIDE Ph: 8200 3900

The Second Story Youth Health Service

57 Hyde Street
ADELAIDE Ph: 8232 0233



PREGNANCY ADVISORY CENTRE

Counselling Services for Women

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***Phone: (08) 8243 3999
Fax: (08) 8243 3998***

SA Country Toll Free - 1800 672 966

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