

*New
relationship?*



What if I'm pregnant?

If you're faced with an unexpected pregnancy, it can seem that there is no way out, that all your plans are threatened and everyone is telling you what to do.

Taking time to think things through, to gather accurate information and consider what each option will mean for you, will help you to decide about your future. It's not always easy to do this on your own.



*When you're
ready to talk
we're ready
to listen*



Stephen (17)

"When we discovered my girlfriend Nena (16) was pregnant we couldn't even talk about it. We were both worried about how our parents would react and how having a baby would affect our plans. Going to see a counsellor helped us to talk freely about our feelings, our cultural differences and to consider our options."



Sarah (19)

"I had just started a new job after being unemployed for six months. I wasn't in a stable relationship and felt like I was just getting my life back together. Finding out I was pregnant was devastating. There seemed to be an obvious solution but I felt I needed to think about all the options before I made the decision."

We can help you

You can call Pregnancy Counselling Link and talk with a qualified counsellor.



1800 777 690

Pregnancy Counselling Link provides free confidential telephone, email and face to face counselling.

The service also includes:

- **free pregnancy testing**
- **counselling for partners and parents**
- **crisis counselling**
- **post abortion counselling**
- **ongoing support**



Erin (18)

"Having a baby when I was 18 was not what I really planned, but after I got over the shock I could see a lot of positive things about having a child when I was young. However my parents were so angry and disappointed that we were fighting all the time. Pregnancy Counselling Link gave me some information about resources and support, but were also there for Mum and Dad to talk to someone about their feelings."

All counselling services are free, professional and confidential



In a relationship?

Having a boyfriend or girlfriend is fun and exciting. Relationships are about enjoying yourselves, respecting each other and getting to know yourself and your partner. There are a few things to remember when you're spending time with that person you like.

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4 Things to remember

1. It is possible for any sexually active young couple to have an unexpected pregnancy. You can get pregnant the first time you have sex. A young woman can get pregnant at almost any time in her menstrual cycle.
2. Every form of contraception has a failure rate.
3. Postponing sexual involvement is one choice that frees young people from the worry of pregnancy, sexually transmitted infections or unhappy relationships.
4. If you have an unexpected pregnancy all of the options available to you may have a long-term effect on your life.



Call us

We offer anonymous, confidential telephone counselling 7 days a week. Just call **1800 777 690**.



Email us

Send a private email to **counsel@pcl.org.au** and we will respond to you the next business day.



Meet with us

Simply make an appointment to come and have a chat, free of charge, with a counsellor between the hours of 9.30am & 3.30pm, Monday to Friday. To book a session just call **1800 777 690**. Our address is 78 Musgrave Road, Red Hill QLD.

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