



## SUPPORT FOR AN UNPLANNED PREGNANCY - AND YOUR OPTIONS

### Unexpectedly Pregnant?

Finding out that you are, or might be pregnant, can sometimes come as a shock. You may be delighted, or if the pregnancy is unplanned, you may feel confused and frightened and not know where to turn. **Don't panic you can talk things through:**

**Call us on 07599 397 938<sup>1</sup>** or email: [support@jakin-counselling.co.uk](mailto:support@jakin-counselling.co.uk)

### Free Pregnancy Testing *(not available during pandemic restrictions)*

To check if you are pregnant, you can come to a centre for a pregnancy test. It only takes a few minutes. It's completely confidential and it's free. Please note that a positive result is almost always correct. A negative result may not always be accurate, especially early on, so if you still have concerns, it's advisable to do another test a week later to be certain.

### Friendly Caring Support

One of our trained counsellors or support workers will be on hand to listen and offer support if you want to talk confidentially to someone. At present, this will be by phone or video zoom. An unplanned pregnancy may not be your crisis - you may have other concerns which are making your pregnancy difficult. Whatever your situation, we will provide a calm and un-pressured environment for you to think through your next steps.

### Confidential Counselling

You may be faced with decisions that are not easy to make. We won't make a decision for you, but we can listen and help you to explore your three options.

- Continuing with your pregnancy
- Having an abortion
- Having your child adopted

Together, we can find out all the information you need to know, so that you can make your own informed choice. You can arrange to see one of our team as often as you need, either on your own or with your partner if you'd prefer.

### Practical Support

Whatever you decide, we will continue to offer care and support as appropriate.

This could include

- A listening ear when needed
- Information on accommodation, plus where to get baby equipment if you are on income support, etc
- Adoption information and befriending support during pregnancy - with referral to Social Services at 28 weeks, plus signposting to specialist adoption counselling
- Free confidential counselling before and/or after a termination
- Free confidential counselling if now or in the past you have had a miscarriage, abortion or stillbirth
- A listening ear if you're suffering from postnatal depression
- Information on other local and national helping agencies.

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<sup>1</sup> NB: As a counselling agency (not a medical centre), we do not refer for abortion. Our role is to help you with any information you need and give emotional support to you before, during and after your decision.

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## Our Contact Details

<b>NAME:</b>	Jakin Pregnancy Care and Counselling		
<b>CHARITY MAIL ADDRESS:</b>	% The Kings Centre, 56 Bull Head Street, WIGSTON, LE18 1PA		
<b>OUR SERVICE:</b>	Part of our Counselling Service is to offer free pregnancy choices counselling to those who are facing an unplanned or difficult pregnancy. We use person centred counselling. This means that you talk about your circumstances and the things that are troubling your heart and on your mind. You can explore what support is available to you for all the options and, in this unpressurised way, you can come to an informed decision about what you believe is the best way forward.		
<b>CIO CHARITY NUMBER:</b>	1181151		
<b>OPENING HOURS:</b>	9-5pm Monday to Friday ( <i>Answer machine is on out-of hours and at weekends, or when the Counselling Coordinator is Counselling</i> )		
<b>PHONE:</b> Call or text	07599 397 938	<b>EMAIL:</b>	support@jakin-counselling.co.uk
Please check our website for information about our charity and all our services and for up-to-date information about our opening hours as we offer a reduced service in the school holidays			
<b>WEBSITE:</b>	<a href="https://www.jakin-counselling.co.uk">https://www.jakin-counselling.co.uk</a>		
No face to face counselling is being offered at the moment, but when we can offer face to face sessions, we operate out of centres in Aylestone, Highfields, Wigston and Loughborough (plus a few others occasionally)			
<b>Information sheets on the three options can be downloaded from our website.</b> Plus there are links to other agencies that may be able to help ( <i>although you must check out their websites during these times of restrictions - as not all services can operate</i> )			