Guideline
Are you going through an unwanted pregnancy?
You have the right to receive counselling - free of charge, neutral and confidential.

Unplanned pregnancy can trigger lots of questions, contradictory emotions and fears. In accordance with federal law, this situation guarantees your right to free counselling and aid, irrespective of whether you want to carry the pregnancy to term or terminate it.

If you are in a conflict situation, need more time for a decision or want a further open discussion about your personal situation, please contact the official pregnancy counselling offices, which will be able to support you in social, psychological, financial and legal questions.

This kind of counselling can help you make the decision that is right for you. You can also visit these facilities after you have terminated the pregnancy or have questions regarding family planning.

If you like, you can also bring your partner or a friend to the counselling session.

Pregnancy Counselling Centers of Canton St. Gallen
Counselling Centers for family planning, pregnancy and sexuality
www.faplasg.ch

**St. Gallen**
Vadianstrasse 24
Postfach 325
9001 St. Gallen
Telefon: 071 222 88 11
Mail: faplasg@fzsg.ch

**Wattwil**
Bahnhofstrasse 6
Postfach 122
9630 Wattwil
Telefon: 071 988 56 11
Mail: faplawattwil@fzsg.ch

**Sargans**
Bahnhofstrasse 9
7320 Sargans
Telefon: 081 710 65 85
Mail: faplasargans@fzsg.ch

**Rapperswil-Jona**
St. Gallerstrasse 1
8645 Jona
Telefon: 055 225 74 30
Mail: faplajona@fzsg.ch

(Appointments after prior arrangement by telephone)

You have decided to terminate the pregnancy
Your doctor will have discussed this with you in detail and informed you of legal regulations, as well as of the health risks posed by the termination of the pregnancy. Following your signature, you will also have received this guideline with addresses of counselling facilities.

Only you yourself as the affected woman are able to make the decision for or against carrying the pregnancy to term or offering the child up for adoption.
You are younger than 16 years

If you are younger than 16 and would like to terminate the pregnancy, you will need to have a detailed counselling discussion with your doctor at a counselling facility which specialises in adolescents. This counselling session is compulsory. These counselling sessions for minors are also confidential, free and subject to secrecy.

Pregnant women under the age of 16

This counselling session is compulsory before termination.

In the canton of St.Gallen, the above mentioned official pregnancy counselling facility is assigned with the support of pregnant women under the age of 16.

You can also contact the following:

Kinder- und Jugendpsychiatrische Dienste
www.kjpd-sg.ch

Brühlsgasse 35/37
9004 St.Gallen
Telefon: 071 243 45 45
Mail: sekretariat@kjpd-sg.ch
Regional Counselling Centers in Heerbrugg, Sargans, Uznach, Wattwil and Wil

Adoption

Giving up a child for adoption after birth is a very difficult decision, which cannot be made without extensive discussions beforehand. In this case, there are also counselling facilities available. The appropriate addresses are also contained in this guideline.

Information on the option of offering a child up for adoption once it is born

You can either contact the official pregnancy counselling services or call the following directly:

PACH Pflege- und Adoptivkinder Schweiz
Pfingstweidstrasse 16
8005 Zürich
Telefon 044 205 50 40
www.pa-ch.ch

«Emmanuel» S.O.S. Adoption
Route d’Outre-Vièze 146
1871 Choëx VS
Telefon: 024 471 60 74
www.emmanueladoption.ch

Relief organization for adoption of mentally and physically disabled children
Other Facilities

Moral support
Should you need a contact partner immediately, the „Helping-Hand” is available around
the clock under the telephone number 143.

Financial Aid
There are various private or church organisations offering help in emergency situations caused
by a pregnancy.

Katholischer Frauenbund St.Gallen – Appenzell
Beratungsstelle Mütter in Not
Oberer Graben 44, 9000 St.Gallen
Tel: 071 222 45 60, www.frauenbundsga.ch

Evangelische Frauenhilfe St.Gallen Appenzell
Oberer Graben 42, 9000 St.Gallen
Tel: 071 220 81 80, www.efh-sgapp.ch

Swiss association of catholic women, Solidarity fund for mother and child
Kasernenplatz 1, 6000 Luzern 7
Tel: 041 226 02 27, www.frauenbund.ch

Help for children and youth
Bahnhofstrasse 9, Postfach 83, 7320 Sargans, Tel: 081 720 09 10
Frongartenstrasse 11, 9001 St.Gallen
Tel: 071 222 53 53, www.kjh.ch
Non-denominational counselling of families

Beratungsstelle schwanger.li
Bahnhofstrasse 34, 9470 Buchs
Tel: 0848 00 33 44, www.schwanger.li

Stiftung Ja zum Leben
Tel: 055 653 11 50
www.ja-zum-leben.ch
Support of women who have decided to carry the pregnancy to term

Swiss Aid for Mother and Child (SAMC)
Helpline: 0800 811 100
www.samc-foundation.ch
Counselling and direct help to women, couples and families who get into serious difficulties due
to pregnancy or the birth of a child