



One Family provide free, confidential pregnancy counselling services for women and their partners who are experiencing an unintended pregnancy or a pregnancy which has become a crisis.

GET IN TOUCH

If you would like to contact One Family to arrange to meet with one of our professional counsellors, please contact;

 **lo-call helpline** 1890 662 212

 **e-mail** info@onefamily.ie

PREGNANT? NEED TO TALK?

Talking to a counsellor can help.



Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service



Counselling Services

An unplanned or crisis pregnancy can be confusing, distressing and lonely. It's important to take your time and be fully informed.

One Family offers a safe, confidential, non-judgemental space to discuss all your options. The aim of our counselling service is to support you as you work through the difficulties and find the best way to move forward with your life.

One Family's counselling service is operated by professional and accredited counsellors.

Unplanned Pregnancy and Parenting

If the decision following unplanned pregnancy is to parent, we offer on-going support through pregnancy and early parenting. We can support you, or you and your parenting partner if applicable, to identify and negotiate the issues and difficulties that may arise.

Unplanned Pregnancy and Abortion

If the decision following unplanned pregnancy is to terminate, we offer non-directive services to provide practical information on this option.

Unplanned Pregnancy and Adoption

If the decision following unplanned pregnancy is to opt for adoption, we offer on-going support and further professional referrals to help with this decision and process.