

Information and advice

# unplanned pregnancy. what now?

## This is what your options look like

An unplanned pregnancy can turn your life upside down. Your mind is probably going in circles. You're afraid, unsure or overwhelmed and must have many questions. You are facing a difficult decision: whether to continue the pregnancy or have an abortion. Only you can answer this question because it will affect your life and your body.

### **a. Continue the pregnancy**

You want to keep the baby. If you need support during your pregnancy and in the first few months after giving birth, you can access professional advice and support. The counselling centres offer confidential consultations, can answer your questions on your legal and financial rights and organise additional help.

### **b. Foster care, adoption, anonymous birth, baby hatches**

You can place your child in foster care for some time or place it for adoption. Both counselling centres and child and youth welfare services can advise and support you on this path. You may also choose to give birth and receive medical care anonymously in any hospital in Vorarlberg. Another option is to anonymously place the baby in a baby hatch.

### **c. Abortion**

If you choose to undergo an abortion, you will receive medical information from your doctor. You can have a medical abortion up to the 63rd day of pregnancy, while surgery is available anytime within the first three months of pregnancy. Unless for medical reasons, abortions are not covered under public health insurance (Fristenregelung).

## **The legal situation**

### **Legalities**

As a pregnant woman, no one else has the right to decide for you whether you should continue or abort the pregnancy in the first three months of pregnancy. Abortion is legally permitted within the first three months of pregnancy, provided you consult a doctor first. Young girls from the age of 14 may make this decision without the consent of a parent – as long as there are no questions regarding her judgement.

## **Advice offers support – free, timely, unbiased and confidential**

Take your time when making this decision. It may be helpful to talk about it to someone you trust. It is important to make your mind up for yourself and feel free to change your mind, depending on what you think is right. If you need support, you can contact the staff at the counselling centres for advice on social, psychological, financial and legal questions. Whatever decision you make, a female counsellor will accompany you and guide you through making your decision and even afterwards. Everything you discuss will be treated confidentially; the team is bound by professional secrecy.

Your Vorarlberg gynaecologists

## **Recommended advice centres**

### **Institut für Sozialdienste – Institute for Social Services (ifs)**

Counselling centres in  
Bregenz, Dornbirn,  
Feldkirch, Bludenz  
Phone 05 1755-530  
[www.ifs.at](http://www.ifs.at)

### **Ehe- und Familienzentrum – Marriage and Family Centre (EFZ)**

Feldkirch, Dornbirn, Bregenz  
Phone 05522-74139  
[www.efz.at](http://www.efz.at)

### **Counselling Centre schwanger.li**

Feldkirch  
Phone 05522-702 7013  
[www.schwanger.li](http://www.schwanger.li)

### **Landeskrankenhaus – State Hospital Bregenz**

Consultation hours for  
abortions that comply with  
the legal provisions

Appointments can be  
arranged by telephone  
at 05574-401 7900  
Tuesdays and Thursdays  
from 1pm to 3pm