



For information about contraception,
pregnancy options and sexual health.



Contact us:



1800 696 784

Monday to Friday, 10am - 4pm
(closed public holidays)



13 14 50



1300 555 727
relayservice.gov.au



1800myoptions.org.au



info@1800myoptions.org.au

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*1800 My Options is a service of Women's Health Victoria,
funded by the Victorian Government.*



Who we are

We are an independent phone line and website based in Victoria. Our service is confidential, free, non-judgemental and pro-choice.

We provide:

- Information about contraception, pregnancy options (including abortion) and sexual health
- Information about services you can go to

We do not provide medical, legal or financial advice or counselling.

How we can help

Our phone workers can speak to you about your reproductive and sexual health needs, and find services that suit you.

Questions we are commonly asked include:

- Where can I get an abortion?
- Where can I get an IUD?
- Is there a sexual health clinic close to me?

We also have an online database of sexual and reproductive health services in Victoria that you can search via our website.

Our Expertise

We work in partnership with hundreds of services across Victoria (including GPs, community health centres, hospitals and pharmacies) - to find the services that best meet your needs.

The information we provide is based on the most up-to-date evidence.



Searching is easy

The 1800 My Options website lets you search for services in your own time. You can search for services such as contraception and abortion providers, non-directive pregnancy options counsellors and pharmacies.

Great for health professionals

Health professionals can call 1800 My Options or search our online database to find services that meet their patients' needs.

Health workers can also refer patients directly to our service.

