



1800 696 784

For information about contraception,  
pregnancy options and sexual health.

# UNPLANNED PREGNANCY

**A lot of people experience unplanned pregnancies, for all sorts of reasons.**

No contraception method is 100% effective, and it's estimated that **nearly half of all pregnancies in Australia are unplanned.**

## Your rights

If you have an unplanned pregnancy, you have the **right to unbiased information about ALL of your choices.** If your doctor or health professional doesn't feel comfortable doing this, they are **required by law to send you to another health professional** who is.

## Counselling

If you're unsure of what you want to do, you can speak to a **non-directive pregnancy options counsellor.** You can ask your GP to help you organise this, or contact 1800 My Options. You do not have to have any counselling if you have made your decision and want an abortion.

## Abortion

In Victoria, if you're not wanting to continue a pregnancy, **you can have an abortion up until 24 weeks** of pregnancy. However, most abortions occur much earlier in the pregnancy, and different clinics may have different limits for when they can provide an abortion. The sooner you seek help, the more options you'll have. This is especially important if you live in a rural area.

- Before 9 weeks of pregnancy, you can choose to have either a **medical (with medication) or surgical abortion**
- The cost of the abortion can vary depending on how many weeks pregnant you are, and what type of abortion you're wanting
- Abortion services can be accessed through some **GPs, private clinics and hospitals**
- There are laws to **protect patients** going into abortion clinics from public harassment

## Pregnancy care

If you're wanting to continue with a pregnancy, you can access pregnancy care **through your GP or local health service.**

**Remember, it's your health and your choice.  
Be proud of your choices!**

## Useful links:

**1800 My Options** – 1800 696 784 (weekdays, 10am–4pm)

For information and help finding sexual health, abortion and non-directive pregnancy counselling services near you  
[www.1800myoptions.org.au](http://www.1800myoptions.org.au)

**Pregnancy, Birth and Baby line**— 1800 882 436 (24/7)

Speak to a maternal child health nurse for information about pregnancy, birth, being a parent and raising a child.  
[www.pregnancybirthbaby.org.au/pregnancy-birth-baby-helpline](http://www.pregnancybirthbaby.org.au/pregnancy-birth-baby-helpline)

## Better Health Channel

[www.betterhealth.vic.gov.au/health/healthyliving/abortion-in-victoria](http://www.betterhealth.vic.gov.au/health/healthyliving/abortion-in-victoria)

[www.betterhealth.vic.gov.au/servicesandsupport/pregnancy-and-birth-services](http://www.betterhealth.vic.gov.au/servicesandsupport/pregnancy-and-birth-services)