

## 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.

#### **Solidaritätsfonds für Mutter und Kind Schweizerischer Katholischer Frauenbund**

Kasernenplatz 1  
6000 Luzern 7  
Telephone 041 226 02 27  
[www.frauenbund.ch](http://www.frauenbund.ch)

#### **Muttertagsfonds – Aargauer Katholischer Frauenbund**

Offices  
Neustrasse 51  
5430 Wettingen  
056 668 26 42  
[www.frauenbund-aargau.ch](http://www.frauenbund-aargau.ch)

#### **Stiftung Hilfe für Mutter und Kind der Reformierten Landeskirche**

Hintere Hauptgasse 15  
4800 Zofingen  
Telephone 079 273 97 50  
[www.ref-ag.ch](http://www.ref-ag.ch)

## 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:

#### **Pflege- und Adoptivkinder Schweiz**

Pfingstweidstrasse 16  
8005 Zürich  
044 205 50 40  
[www.pa-ch.ch](http://www.pa-ch.ch)



## Guideline

Are you going through an unwanted pregnancy?

### Impressum

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## 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.**

## Are you in an emergency situation?

And you want to ensure that nobody finds out about your pregnancy and the birth of your child? The hospitals in the canton of Aargau can offer you (confidential) medical and psychological counselling during pregnancy and after childbirth. You can give birth to your child confidentially so that your environment will not know anything about the birth. Your personal details will be blocked upon admission and your presence in the hospital will not be disclosed to third parties. If you want to ensure a confidential birth, contact the obstetrics department of a hospital in the canton of Aargau at an early stage.

## 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.

## 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.

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## Address of the official pregnancy counselling facility of the canton of Aargau

### **Sexuelle Gesundheit Aargau**

**Fachstelle für Sexualität, Schwangerschaft, sexuell übertragbare Krankheiten und sexuelle Bildung**  
Entfelderstrasse 17  
5000 Aarau  
Telephone 062 822 55 22  
[www.seges.ch](http://www.seges.ch)  
[info@seges.ch](mailto:info@seges.ch)

### **Appointments following prior arrangement by telephone**

## Pregnant women under the age of 16

This counselling session is **compulsory** before termination.

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

The address is specified above.