My Options

Abortion information and **listening support**

The HSE's My Options helpline provides information on how to access abortion services.

Not all GPs or doctors provide abortion care. The helpline can provide contact details of GPs or doctors and family planning clinics that do.

Listening support is also available to anyone experiencing an unplanned pregnancy.

Freephone 1800 828 010

Monday – Thursday: 9am to 8pm
Friday: 9am to 7pm
Saturday: 10am to 2pm

Medical advice following an abortion is available on the helpline 24 hours a day, 7 days a week.

Webchat is also available on **myoptions.ie**

Abortion services **information**, including **medical support** during and after abortion.

If you have decided to have an abortion, you can call the HSE's My Options helpline for contact details of GPs or doctors and family planning clinics that provide abortion care. Not all GPs provide abortion services.

If you have had an abortion, medical advice is available from nurses on the helpline, 24 hours a day, 7 days a week.

Listening support and **counselling**

My Options provides listening support on the phone and on webchat. You can speak to professional, experienced counsellors, free of charge. We won't try to influence your decision and will only offer you time to talk, support and information.

Counselling is available to you free of charge. This service is provided over the phone. You can speak to a counsellor about your pregnancy or for post-abortion support. Counselling is also available to a partner and family members.

If English is not your first language, call the helpline or ask someone you trust to call. We can access interpreters in 240 languages. Tell us what language you speak and your phone number. We will call you back with an interpreter.

Information about My Options is included in 17 languages at: **hse.ie/myhealthmylanguage**

Freephone 1800 828 010

Webchat is also available for information and listening support on **myoptions.ie**