



Unwanted pregnancy?

Guideline

gemäss Art. 120 Abs. 1 lit. b StGB

Your doctor has discussed the situation with you in detail and informed you fully about the legal regulations concerning induced abortion and also about the health risks involved.

In the first twelve weeks since the beginning of the last period the law sets the decision for or against carrying a child to the full term entirely in the hands of the woman concerned. This facilitates a high degree of self-determination, but it also means that the decision has to be carried through solely by the woman concerned.

An unplanned pregnancy can give rise to many questions, ambivalent feelings, insecurities and anxieties.

If you have conflicting feelings, still need some time for your decision or would like an opportunity to talk openly about your personal situation, contact the Family Planning and Counselling Centre listed below.

There you will be given advice and information on psychological, social, legal and financial matters by a trained counsellor, free of charge. All information will be treated confidentially. You will be given further help and support as well as advice on further steps, whether you decide to carry the pregnancy to term or to have an abortion.

The place listed can also be contacted after an abortion is performed in emergencies.



Abortion Counseling Center of Canton Appenzell Ausserrhoden

- **Beratungsstelle für Familienplanung, Schwangerschaft und Sexualität**
Vadianstrasse 24, Postfach 325, 9001 St. Gallen
Tel.: 071 222 88 11, E-Mail: faplasg@fzsg.ch

The official counseling center offers free and neutral counseling. It accompanies you in your difficult situation of an unwanted pregnancy and offers the protective guidelines for you to make an appropriate decision under these circumstances. Social, financial, medical and legal questions and the nature of your relationship can be discussed in order to find a deliberate decision. You will be oriented about support in carrying your pregnancy to term and receive information on artificial abortion and family supplementary child care.

If you decide to carry a child to the full term, the center will accompany and help you during this time and the first time with your child. If you decide to have an artificial abortion, the counselors will inform and advise you before and after the operation.

Pregnant women under 16

As a pregnant woman under 16 you are in a particularly difficult position and will probably be pressured from different parties to find a solution. Under these circumstances it is very important to have a neutral counseling where you can discuss the whole situation in a relaxed atmosphere.

According to Art. 120 Paragraph 1 Lit c of the Criminal code you *must* take counsel from the following counseling center and your doctor must clarify the matter.

- **Beratungsstelle für Familienplanung, Schwangerschaft und Sexualität**
Vadianstrasse 24, Postfach 325, 9001 St. Gallen
Tel.: 071 222 88 11, E-Mail: faplasg@fzsg.ch
- **Kinder- und Jugendpsychiatrische Dienste**
Brühlgasse 35/37, 9004 St. Gallen
Tel.: 071 243 45 45

Organizations and centers offering moral and material support

Should you need a person to talk to momentarily, the "**Dargebotene Hand**", Tel. **143** can be reached round the clock.



For matters of conscience in relation to the decision for or against an abortion, you can turn to the **priest's office of your community** or turn to a confidant of your religious community.

The Counseling Center for Family Planning Pregnancy and Sexuality can help you with an emergency relief in your predicament and you can clarify further possibilities with them for financial support.

Private and church organizations

Different private and church organizations can help in an emergency situation due to pregnancy. Some of them will ask for a counseling beforehand and a written request from a counseling center. You will receive the information through the official family planning center which will also help you in your requests for support.

- **Beratungsstelle für Ehe-, Familien- und Lebensfragen**
Jo Arnold, Poststrasse 17, 9410 Heiden
Tel. 071 891 62 10
- **Beratungsstelle für Ehe-, Familien- und Lebensfragen**
Hauptstr. 41, 9053 Teufen
Tel. 071 333 13 32 (Anmeldung Heiden)
- **Beratungsstelle für Ehe-, Familien- und Lebensfragen**
Brigitte Lachelier, Gossauerstrasse 61, 9100 Herisau
Tel. 071 352 33 05
- **Katholischer Frauenbund St. Gallen-Appenzell, Mütter in Not**
Magnihalden 7, Postfach 318, 9004 St. Gallen
Tel. 071 222 45 60
Counsel and support of women in social matters.
- • **Katholischer Frauenbund: Solidaritätsfonds für Mutter und Kind**
Burgerstr. 17, Postfach 7854, 6000 Luzern 7
Tel. 041 226 02 27, E-Mail:sofo@frauenbund.ch



- **Evangelische Frauenhilfe St. Gallen**
Tellstr. 4, 9000 St. Gallen
Tel. 071 220 81 80
Counsel and support of women in an emergency.
- **Stiftung Ja zum Leben**
Gasterstr. 13, 8730 Uznach
Tel. 055 280 39 52 (Notruf: 071 352 27 27)
Support of women who have decided to carry the child to term.
- **Schweizerische Hilfe für Mutter und Kind**
Postfach, 4011 Basel
Hotline: 0800 811 100, Tel. 061 703 77 77, Fax 061 703 77 78
Support of women who have decided to carry the child to term.

Information for the possibility to offer your child for adoption:

To offer a child for adoption after birth is a very difficult decision which should not be carried out without in-depth discussions. You can either turn to the family planning center mentioned or directly to the Swiss Counseling Office for Adoption.

- **Schweizerische Fachstelle für Adoption**
Hofwiesenstr. 3, 8057 Zürich
Tel.: 044 360 80 90, [www:adoption.ch](http://www.adoption.ch)