



**Unplanned pregnancy?
We can help, support
and understand.**



Visit **www.positiveoptions.ie** or
freetext **list** to **50444**

+OPTIONS

CRISIS PREGNANCY SERVICES

Help. Support. Understanding.

Crisis pregnancy counselling is free of charge

Ballinasloe CPSS

1850 20 06 00 (Lo Call)
or **090 964 8190**

Bray Women's Health Centre **0818 227034**

Cura

1850 62 26 26 (Lo Call)

Femplus Clinic, Dublin **01 821 0999**

Here2help

1850 67 33 33 (Lo Call)

Irish Family Planning Association (IFPA) **1850 49 50 51** (Lo Call)

Kerry CPCS

Tralee Women's Resource
Centre
066 712 0622
Southwest Counselling
Centre, Killarney
064 663 6416

Life Pregnancy Care Service **1800 28 12 81** (Freephone)

Mayo CPSS

1890 20 00 22 (Lo Call)

Midlands CPCS

1800 20 08 57 (Freephone)

One Family

1890 66 22 12 (Lo Call)
or **01 662 9212**

Sexual Health Centre, Cork **021 427 6676**

or **021 427 5837**

The Well Woman Centre

Lwr. Liffey Street, Dublin
01 872 8051

Ballsbridge, Dublin
01 660 9860

Coolock, Dublin
01 848 4511

West Cork CPCS

1800 25 23 59 (Freephone)

Youth Health Service, Cork **076 108 4150**

Visit **www.positiveoptions.ie** for service opening times



crisispregnancyprogramme

