Options for Unintended Pregnancy

I'm pregnant. What are my choices?

If you have an unplanned or unwanted pregnancy, you have three options. You can raise the baby, choose adoption, or have an abortion. It is important to talk to people you trust and get accurate information. You should think about your goals, religious and cultural concerns, finances, and support from family and friends when making your decision.

Where can I get help?

It is important to see a doctor as soon as you think you are pregnant to make sure you and the baby are okay. Your doctor can give you information to help you decide what to do. There are also many local and national support groups that can help. These support groups have counselors you can call to get advice, as well as financial help, parenting support groups, social services, and listings of medical clinics. Be aware that so-called "crisis pregnancy centers" and "pregnancy resource centers" may provide biased and inaccurate information. Your doctor may also have a list of local support groups.

Listed below are some of the national support groups for each choice. In addition, here are some other sources of information from FamilyDoctor.org:

http://familydoctor.org/familydoctor/en/pregnancy-newborns/your-body/what-to-do-when-your-pregnancy-is-unexpected.html

http://familydoctor.org/familydoctor/en/drugs-procedures-devices/procedures-devices/ending-a-pregnancy.html

Raising the baby

If you decide to raise the baby, you may have questions about how to pay for medical care, who to turn to for help, and how you can still reach your goals. The following local and national support groups can help:

National Parent Helpline
http://www.nationalparenthelpline.org/find-support

The National Parenting Center
http://www.tnpc.com

Need Help Paying Bills
http://www.needhelppayingbills.com/html/charities_and_organizations_th.html

Single Parent Advocate
http://www.singleparentadvocate.org

The Single Parents Network
http://singleparentsnetwork.com

Adoption

Adoption may be a good option for you and your baby, but it can be a confusing process. You may have questions about what type of adoption is best, which group is best, and if the baby will be with a good family. The following support groups can help:

Adopt America Network
http://www.adoptamericanetwork.org

Adoption Network Law Center
http://www.adoptionnetwork.com

American Adoptions
http://www.americanadoptions.com

Child Welfare Information Gateway (search for adoption services in your state)
http://www.childwelfare.gov/nfcad

AMERICAN ACADEMY OF FAMILY PHYSICIANS

Options for Unintended Pregnancy *(continued)*

Abortion

Abortions are safe, and many women have them. If you decide to have an abortion, you may have questions about the laws in your state, what type of abortion to choose, which clinics are safe, what problems you might have after the abortion, and medical care and support after the abortion. The following support groups can help:

National Abortion Federation
    http://prochoice.org/think-youre-pregnant/resources

Planned Parenthood
    http://www.plannedparenthood.org

Provide
    http://www.provideaccess.org

Summit Medical Centers
    http://www.summitcenters.com/resourceful-links.html

Women on Web
    http://www.womenonweb.org

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