

Pregnancy Choices Counselling

Sometimes when faced with an unplanned or crisis pregnancy it is difficult to discuss it with family and friends.

Informing Choices NI can help you by providing:

- Non-directive counselling and support
- Information on ALL your options

Appointments **028 9031 6100**



INFORMING
CHOICES NI

Formerly FPA NI

Non-directive pregnancy counselling

Sometimes when faced with an unplanned or crisis pregnancy it is difficult to discuss it with family or friends. This can leave you feeling vulnerable and isolated at a time when you need support.

“Extremely important for me as I felt like I did not have anyone else to talk to. They made me feel normal, provided me with good support and compassion and the correct information”

Informing Choices NI provides a non-directive pregnancy counselling, support and information service. This means the counsellor has no opinion about what is best for you, and is there to provide a confidential, non-judgemental space for you to explore your thoughts and feelings about your pregnancy, and the options that are open to you i.e. continuing with the pregnancy, abortion or adoption.

“The counsellor covered all my options and explained everything without influencing my decision”

Counselling offers a safe place to talk about anything that may be confusing, painful or uncomfortable. It's often a relief to talk openly to someone you don't know about the issues you face and can also be an opportunity to help you prepare what you may want to discuss with family or friends.

“Excellent service. Issues I had not even thought of were explored. I did not feel judged or uncomfortable about my decision in any way”

Counselling can be a one-off appointment or regular sessions to discuss the range of issues you have in more detail.

Confidentiality

We know that privacy is important to you. We offer a confidential counselling service and will not discuss anything about you outside of Informing Choices NI without your consent, except in exceptional circumstances. These limitations to confidentiality will be discussed with you in more detail, however in brief:

Informing Choices NI counsellors may decide that sharing relevant information outside of the organisation is necessary because you (or someone you know) are at serious risk of harm. In this situation the counsellor will discuss with you what information, with who and why it is being shared.

I am under 18, will you tell my parents/carer I have contacted Informing Choices NI?

Informing Choices NI counsellors will encourage you to seek additional support from your parent/carer or another responsible adult (over 25). We understand that you may be worried about telling a parent/carer and we can support you with this.

If you are under 16, when calling to arrange your appointment you will be advised that we require your parent/carer or another responsible adult to accompany you to your counselling session and remain in our waiting room while your appointment is taking place. This individual can join towards the end of the session if you decide this would be helpful.

Will my doctor be told that I have contacted Informing Choices NI?

Prior to contacting Informing Choices NI, you may already be receiving other professional support. If this is the case, the counsellor will discuss with you what information (**if any**) may be important for you to share with health professionals or other people involved in your life, such as a social worker, psychiatrist or GP.

Who We Are

Informing Choices NI is a sexual and reproductive health charity.

We champion informed choices around sex, sexuality, and reproductive health and wellbeing through advocacy, counselling, education, information and training.

Our Ethos

The work of Informing Choices NI is based on a pro-choice ethos. We believe:

- Clients have the right to acknowledge all of their experiences of pregnancy and to have those experiences valued.
- Counselling and support should be non-directive and respect the client's own value system.
- Individuals have the right to access accurate information about pregnancy and abortion.
- Women and pregnant people have the right to have an abortion.
- Abortion is a health care issue.
- Those who choose abortion have a right to acknowledge loss and grief.

Contact Us

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