

Further resources

Adoption

if you are interested in exploring adoption as an option, it's important to have as much information as possible to know what this might mean. Here are some links that may help:

gov.uk/child-adoption/birth-parents-your-rights

corambaaf.org.uk/fostering-adoption/information-birth-parents/im-pregnant-and-want-my-child-be-adopted

brook.org.uk/your-life/adoption#deciding-on

Continuing your pregnancy

You will need as much information as you can get in order to know what support/help, financial or otherwise that you can access. Here are some good places to start:

citizensadvice.org.uk

gov.uk

entitledto.co.uk

gingerbread.org.uk

england.shelter.org.uk

Terminating your pregnancy

For information on abortion, please refer to the NHS website:

nhs.uk/conditions/abortion

To book an appointment, speak to your GP about an NHS referral or you can find further information here:

nhs.uk/service-search/Pregnancy-advisory-services

How Choices can continue to support you

If you decide to continue your pregnancy

Choices can support you during your pregnancy through its Befriending service, Community Mums Group and Circle of Security parenting course. Its Boutique Service offers loans of good quality baby clothes and equipment.

choicesislington.org/practical-parenting-support

If you decide to continue your pregnancy and choose adoption

Choices counselling service can support you through the first steps of the adoption process and put you in touch with organisations that offer more specialised help though adoption and post-adoption support.

corambaaf.org.uk/fostering-adoption/information-birth-parents/useful-organisations-birth-parents

pac-uk.org/our-services/firstfamily

If you decide not to continue your pregnancy

Choices has twenty years' experience counselling clients through their post abortion concerns. We offer a low-cost counselling service (up to a maximum of 24 sessions) that supports clients to come to terms with any difficulties encountered by their particular pregnancy loss.

W choicesislington.org

T 020 7700 4475

E info@choicesislington.org

Registered charity 1124209



Every pregnancy
has a story
Whatever your
story, you have
Choices.

Choices is all about caring for and respecting people through the dilemma of unplanned pregnancy. Our support is free from judgement and free of charge. We believe no one should go through unplanned pregnancy alone.

We're here for you

020 7700 4475

What shall I do next?

Thank you for visiting us today, we understand the difficult choice you have in front of you and do wish you all the very best in the decision you have made or are yet to make.

However, if you feel that you are still undecided, you would be welcome to have a second appointment. Get in touch and ask for the counsellor you saw in your first session or ask to see someone else.

We hope you found the decision making tools we used today helpful. Here is a re-cap to do these exercises again yourself or with your partner or a friend.

Gains and Losses

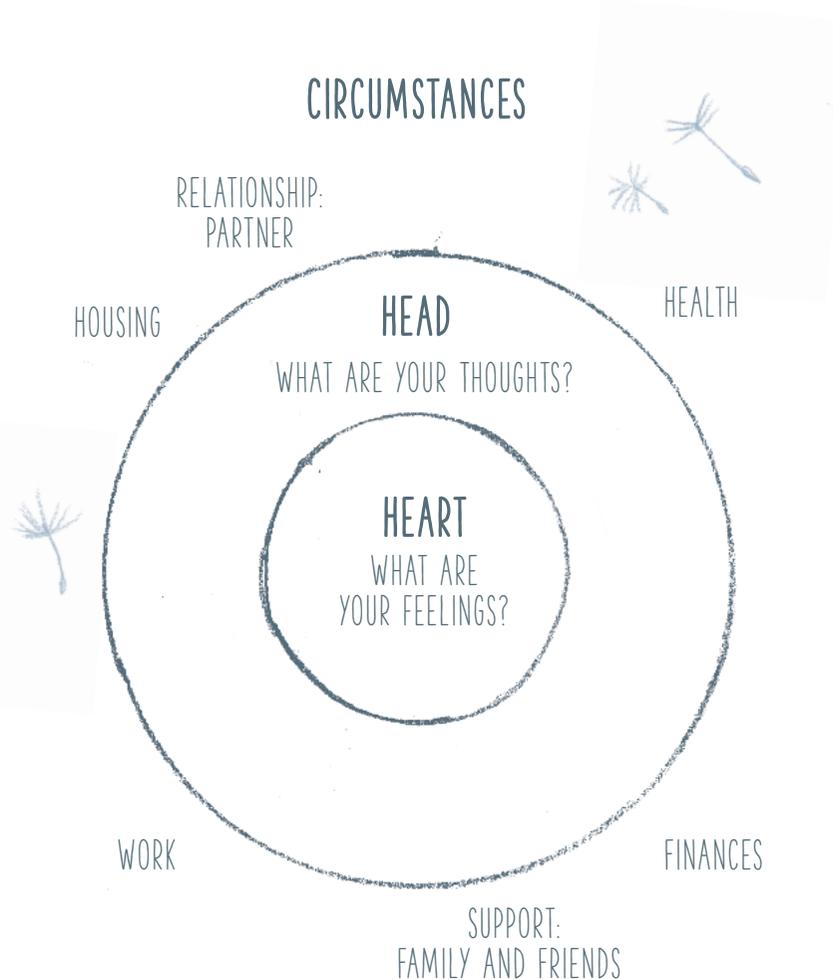
On a sheet of paper draw three columns one for each option: Continue Pregnancy, Terminate Pregnancy, Continue pregnancy for Adoption.

Now list what you might consider to be the gains for each option and then what you would consider to be the losses for each option. Please see the example below:

| | OPTION 1 CONTINUE PREGNANCY | OPTION 2 TERMINATE PREGNANCY | OPTION 3 ADOPTION |
|--------|-----------------------------------|------------------------------------|----------------------|
| GAINS | | | |
| LOSSES | | | |

Head/Heart

Draw a large circle with a smaller circle within it.



When you look at what you have written, does anything in particular become clearer to you?

What are the blocks to you choosing the option that you want? Are they insurmountable or, could circumstances change over time that would influence what decision you could make now?

Other questions to consider

HOW DO YOU USUALLY MAKE DECISIONS?

WHAT SUPPORT WOULD YOU NEED TO GO AHEAD WITH EACH OPTION?

WHAT ARE YOUR PRIORITIES?

WHAT WOULD BE THE CHALLENGES OF EACH OPTION?

WHAT DO YOU THINK WOULD BE THE LIKELY CONSEQUENCES OF EACH OPTION?

WHAT ARE YOUR VALUES?

WHEN YOU LOOK AT THE GAINS AND LOSSES OF EACH OPTION: WHAT IS THE BOTTOM LINE SET OF OUTCOMES YOU CAN LIVE WITH?