



## Guideline: Unwanted pregnancy?

Gemäss Art. 120 Abs. 1 Lit. b StGB

Gesundheitsdepartement  
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9001 St.Gallen  
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www.gesundheit.sg.ch

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 one of the Family Planning and Counselling Centres 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 places listed can also be contacted after an abortion is performed in emergencies.

## **Abortion Counseling Centers of Canton St. Gallen**

- **Beratungsstelle für Familienplanung, Schwangerschaft und Sexualität**  
**Vadianstrasse 24, Postfach, 9001 St. Gallen**  
Tel.: 071 222 88 11, E-Mail: faplasg@fzsg.ch
- **Beratungsstelle für Familienplanung, Schwangerschaft und Sexualität**  
**Bahnhofstr. 6, Postfach 122, 9630 Wattwil**  
Tel.: 071 988 56 11, E-Mail: faplawattwil@fzsg.ch
- **Beratungsstelle für Familienplanung, Schwangerschaft und Sexualität**  
**St. Gallerstr. 15, 8645 Jona**  
Tel. 055 211 14 51, E-Mail: faplanjona@fzsg.ch
- **Beratungsstelle für Familienplanung, Schwangerschaft und Sexualität**  
**Bahnhofstr. 9, 7320 Sargans**  
Tel. 081 710 65 85, E-Mail: faplasargans@fzsg.ch

The official counseling centers offer free and neutral counseling. They accompany you in your difficult situation of an unwanted pregnancy and offer 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 centers 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 one of the following counseling centers and your doctor must clarify the matter.

- **Beratungsstelle für Familienplanung, Schwangerschaft und Sexualität**  
**Vadianstrasse 24, Postfach, 9001 St. Gallen**  
Tel.: 071 222 88 11, E-Mail: faplasg@fzsg.ch
- **Beratungsstelle für Familienplanung, Schwangerschaft und Sexualität**  
**Bahnhofstr. 6, Postfach 122, 9630 Wattwil**  
Tel.: 071 988 56 11, E-Mail: faplawattwil@fzsg.ch
- **Beratungsstelle für Familienplanung, Schwangerschaft und Sexualität**  
**St. Gallerstr. 15, 8645 Jona**  
Tel. 055 211 14 51, E-Mail: faplaiona@fzsg.ch
- **Beratungsstelle für Familienplanung, Schwangerschaft und Sexualität**  
**Bahnhofstr. 9, 7320 Sargans**  
Tel. 081 710 65 85, E-Mail: faplasargans@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.

**Maternity grants** will be paid to women and couples for six months by the communities, as long as the mother will take care of the child herself and the basic needs to live are not secured. You will get information about the maternity grants at your communities and the family planning centers.

The Counseling Centers 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 centers which will also help you in your requests for support.

- **Katholischer Frauenbund St. Gallen – Appenzell**  
**Magnihalden 7 / Postfach 318, 9004 St. Gallen**  
Tel.: 071 222 45 60 (Termine nach telefonischer Vereinbarung)  
*Counsel and support of women in social matters*
- **Kath. Frauenbund Solidaritätsfonds für Mutter und Kind**  
**Burgerstr. 17, Postfach 7854, 6000 Luzern 7**  
Tel.: 041 226 02 27, [www.frauenbund.ch](http://www.frauenbund.ch)
- **Evangelische Frauenhilfe St. Gallen**  
**Tellstr. 4, 9000 St. Gallen**  
Tel.: 071 220 81 80 (Termine nach telefonischer Vereinbarung)  
*Counsel and support of women in an emergency*
- **Kinder- und Jugendhilfe**  
**Bahnhofstr. 9 / Postfach 83, 7320 Sargans**  
Tel.: 081 720 09 10  
*Nondenominational counsel of families*
- **Stiftung Ja zum Leben**  
**Gasterstrasse 13, 8730 Uznach**  
Tel.: 055 280 39 52  
*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 centers mentioned or directly to the Swiss Counseling Office for Adoption.

- **Schweizerische Fachstelle für Adoption**  
**Hofwiesenstr. 3, 8042 Zürich**  
Tel.: 044 360 80 90