



## **Guideline**

Are you going through an  
unwanted pregnancy?

## You have the right to receive counselling - free of charge, neutral and confidential

Unplanned pregnancy can trigger lots of questions, contradictory emotions and fears. In accordance with federal law, this situation guarantees your right to free counselling and aid, irrespective of whether you want to carry the pregnancy to term or terminate it.

If you are in a conflict situation, need more time for a decision or want a further open discussion about your personal situation, please contact the official pregnancy counselling offices, which will be able to support you in social, psychological, financial and legal questions.

This kind of counselling can help you make the decision that is right for you. You can also visit these facilities after you have terminated the pregnancy or have questions regarding family planning.

If you like, you can also bring your partner or a friend to the counselling session.

## Pregnancy Counselling Centers of Canton St.Gallen

Counselling Centers for family planning, pregnancy and sexuality  
[www.faplasg.ch](http://www.faplasg.ch)

### **St. Gallen**

Vadianstrasse 24  
Postfach 325  
9001 St. Gallen  
Telefon: 071 222 88 11  
Mail: [faplasg@fzsg.ch](mailto:faplasg@fzsg.ch)

### **Sargans**

Bahnhofstrasse 9  
7320 Sargans  
Telefon: 081 710 65 85  
Mail: [faplasargans@fzsg.ch](mailto:faplasargans@fzsg.ch)

### **Wattwil**

Bahnhofstrasse 6  
Postfach 122  
9630 Wattwil  
Telefon: 071 988 56 11  
Mail: [faplawattwil@fzsg.ch](mailto:faplawattwil@fzsg.ch)

### **Rapperswil-Jona**

St. Gallerstrasse 1  
8645 Jona  
Telefon: 055 225 74 30  
Mail: [fapljona@fzsg.ch](mailto:fapljona@fzsg.ch)

(Appointments after prior arrangement by telephone)

## Are you in an emergency situation?

And do you want to ensure that nobody finds out about your pregnancy and the birth of your child? Several hospitals in the canton of St. Gallen can offer you (confidential) medical and psychological counselling during pregnancy and after childbirth.

You can give birth to your child confidentially so that your environment will not know anything about the birth. Your personal details will be blocked upon admission and your presence in the hospital will not be disclosed to third parties.

If you want to ensure a confidential birth, contact one of the below-listed obstetrics clinics in good time.

Kantonsspital St.Gallen  
Frauenklinik, Haus 06  
Rorschacher Strasse 95  
9007 St.Gallen  
Telefon: 071 494 69 69  
Mail: frauenklinik@kssg.ch

Spital Grabs  
Frauenklinik  
Spitalstrasse 44  
9472 Grabs  
Telefon: 081 772 54 01  
Mail: frauenklinik.grabs@srrws.ch

Spital Linth  
Frauenklinik  
Gasterstrasse 25  
8730 Uznach  
Telefon: 055 285 41 42  
Mail: frauenklinik@spital-linth.ch

## You have decided to terminate the pregnancy

Your doctor will have discussed this with you in detail and informed you of legal regulations, as well as of the health risks posed by the termination of the pregnancy. Following your signature, you will also have received this guideline with addresses of counselling facilities.

Only you yourself as the affected woman are able to make the decision for or against carrying the pregnancy to term or offering the child up for adoption.

## You are younger than 16 years

If you are younger than 16 and would like to terminate the pregnancy, you will need to have a detailed counselling discussion with your doctor at a counselling facility which specialises in adolescents. This counselling session is compulsory. These counselling sessions for minors are also confidential, free and subject to secrecy.

## Pregnant women under the age of 16

This counselling session is compulsory before termination.

In the canton of St.Gallen, the above mentioned official pregnancy counselling facility is assigned with the support of pregnant women under the age of 16.

You can also contact the following:

Kinder- und Jugendpsychiatrische Dienste  
[www.kjpd-sg.ch](http://www.kjpd-sg.ch)

Brühlgasse 35/37

9004 St.Gallen

Telefon: 071 243 45 45

Mail: [sekretariat@kjpd-sg.ch](mailto:sekretariat@kjpd-sg.ch)

Regional Counselling Centers in Heerbrugg, Sargans, Uznach, Wattwil and Wil

## Adoption

Giving up a child for adoption after birth is a very difficult decision, which cannot be made without extensive discussions beforehand. In this case, there are also counselling facilities available. The appropriate addresses are also contained in this guideline.

## Information on the option of offering a child up for adoption once it is born

You can either contact the official pregnancy counselling services or call the following directly:

### **PACH Pflege- und Adoptivkinder Schweiz**

Pfingstweidstrasse 16

8005 Zürich

Telefon 044 205 50 40

[www.pa-ch.ch](http://www.pa-ch.ch)

### **«Emmanuel» S.O.S. Adoption**

Route d'Outre-Vière 146

1871 Choëx VS

Telefon: 024 471 60 74

[www.emmanueladoption.ch](http://www.emmanueladoption.ch)

*Relief organization for adoption of mentally and physically disabled children*

## Other Facilities

### Moral support

Should you need a contact partner immediately, the „Helping-Hand“ is available around the clock under the telephone number 143.

### Financial Aid

There are various private or church organisations offering help in emergency situations caused by a pregnancy.

#### **Katholischer Frauenbund St.Gallen – Appenzell**

##### **Beratungsstelle Mütter in Not**

Oberer Graben 44, 9000 St.Gallen

Tel: 071 222 45 60, [www.frauenbundsga.ch](http://www.frauenbundsga.ch)

#### **Evangelische Frauenhilfe St.Gallen Appenzell**

Oberer Graben 42, 9000 St.Gallen

Tel: 071 220 81 80, [www.efh-sgapp.ch](http://www.efh-sgapp.ch)

#### **Swiss association of catholic women, Solidarity fund for mother and child**

Kasernenplatz 1, 6000 Luzern 7

Tel: 041 226 02 27, [www.frauenbund.ch](http://www.frauenbund.ch)

#### **Help for children and youth**

Bahnhofstrasse 9, Postfach 83, 7320 Sargans, Tel: 081 720 09 10

Frongartenstrasse 11, 9001 St.Gallen

Tel: 071 222 53 53, [www.kjh.ch](http://www.kjh.ch)

Non-denominational counselling of families

#### **Beratungsstelle schwanger.li**

Bahnhofstrasse 34, 9470 Buchs

Tel: 0848 00 33 44, [www.schwanger.li](http://www.schwanger.li)

#### **Stiftung Ja zum Leben**

Tel: 055 653 11 50

[www.ja-zum-leben.ch](http://www.ja-zum-leben.ch)

Support of women who have decided to carry the pregnancy to term

#### **Swiss Aid for Mother and Child (SAMC)**

Helpline: 0800 811 100

[www.samc-foundation.ch](http://www.samc-foundation.ch)

Counselling and direct help to women, couples and families who get into serious difficulties due to pregnancy or the birth of a child