



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

St. Gallen

Vadianstrasse 24
Postfach 325
9001 St. Gallen
Telefon: 071 222 88 11
Mail: faplasg@fzsg.ch

Sargans

Bahnhofstrasse 9
7320 Sargans
Telefon: 081 710 65 85
Mail: faplasargans@fzsg.ch

Wattwil

Bahnhofstrasse 6
Postfach 122
9630 Wattwil
Telefon: 071 988 56 11
Mail: faplawattwil@fzsg.ch

Rapperswil-Jona

St. Gallerstrasse 1
8645 Jona
Telefon: 055 225 74 30
Mail: 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

Brühlgasse 35/37

9004 St.Gallen

Telefon: 071 243 45 45

Mail: 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

«Emmanuel» S.O.S. Adoption

Route d'Outre-Vière 146

1871 Choëx VS

Telefon: 024 471 60 74

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

Evangelische Frauenhilfe St.Gallen Appenzell

Oberer Graben 42, 9000 St.Gallen

Tel: 071 220 81 80, 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

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

Non-denominational counselling of families

Beratungsstelle schwanger.li

Bahnhofstrasse 34, 9470 Buchs

Tel: 0848 00 33 44, www.schwanger.li

Stiftung Ja zum Leben

Tel: 055 653 11 50

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

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