

UniversityHealthServices

We heal. We educate. We care.

MAKING CHOICES: OPTIONS FOR PREGNANT WOMEN

When faced with an unplanned pregnancy, there are some questions you should consider before making a decision. Decision-making involves looking at the many options and aspects of a particular situation, examining the positive and negative points of each one, and selecting the one that seems right for you.

*Sometimes your decisions will have to be based **not** on what feels best, but what feels the least bad. You do have a choice, so check out your feelings, your values, your future goals, and give it a lot of thought.*

Questions to Consider

Here are some questions we think may help you in making this very important decision.

- Who can help me make this decision?
- How will my partner be involved in making my decision?
- Can I count on support (emotional and financial) from my partner, friends, or family?
- Should I marry? Is pregnancy the only reason for this marriage?
- Am I willing to give a great part of my life to being responsible for a child?
- How will my decision affect my relationship with my partner, friends, and family?
- How will a child affect my education or career plans?
- What immediate effects will my decision have on my life in the next six months?
- What will my life be like in five years? Ten years?

Your Choices

- Marriage and parenthood
- Single parenthood
- Adoption
- Foster care
- Abortion

Resources for women considering options excluding abortion:

Catholic Social Services

276 W. Hamilton Avenue, State College, 238-4937

Staff provides counseling and support services to women who choose to continue their pregnancy. Options considered are parenthood and adoption. Arrangements are made for housing, financial aid, pre- and post- natal care, transportation and foster care, as needed.

A Woman's Concern Pregnancy Resource Center

423 S. Pugh Street, State College, 234-7340 or 1-888-253-HOPE

A Christian agency staffed by volunteers who provide free testing, counseling, and support services for women who choose to continue their pregnancy. Arrangements are made for medical care, financial assistance, living arrangements, childbirth classes, and adoption information. A 24-hour hotline provides brief counseling and referral. Web site: www.awomansconcern.com

Local resources for women considering options including abortion:

Center for Counseling and Psychological Services (CAPS)

221 Ritenour Building, 863-0395

Professional staff provides individual, couples, and group counseling, crisis intervention, and psychiatric services. CAPS may also refer clients to other campus or private counseling clinics.

Web site: www.sa.psu.edu/caps

Family Health Services

1215 Zion Road, Bellefonte, 355-2762

Staff provides gynecological services including exams, birth control, options counseling and referrals. Also provides free prenatal education classes. Student fee for services.

Web site: www.fhccp.org

Planned Parenthood of Susquehanna Valley

253 Easterly Parkway, Suite B, State College, 867-PPSV (7778)

Staff provides gynecological services including exams, birth control, options counseling and referrals. Also provides free prenatal education classes. Student fee for services.

Web site: www.ppsv.net

Women's Resource Center Centre County

140 W. Nittany Avenue, State College, 234-5222, Hotline: 234-5050

Staff provides brief options counseling, education, information, and referrals to other agencies. Hotline is available for short-term crisis intervention and referrals. Specialized counseling and other supportive services are provided for sexual assault and domestic violence victims.

Web site: www.ccwrc.org

On-line Information

More information can be found by visiting University Health Services on-line at:

www.sa.psu.edu/uhs/womenshealth/healthdept.cfm

Help is available to assist you in sorting out your options as you face this important decision. As always, you can talk with your Women's Health care provider

Test Results and Advice Nurse

Please call the nurse for test results and advice: 863-4463

Appointments

Appointments can be made in person or by phone. If you are unable to keep your appointment, please call and cancel. Otherwise you will be charged for the visit.

To schedule or cancel appointments, call: 863-0774

For more information about health care issues, visit the UHS Web site at www.sa.psu.edu/uhs

This publication is available in alternative media on request.

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