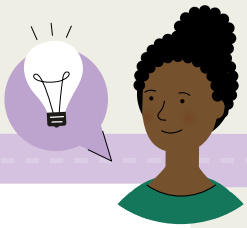
Unintended pregnancy

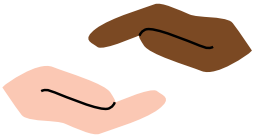
Pregnant?

- Take a pregnancy test.
- A scan will be made to find out how far along your pregnancy is.



Support with making your decision and finding information

- Talk to a midwife, GP or the GZA (Asylum seekers' healthcare helpline). You can have an interpreter if you need one.
- Informatiepunt Onbedoelde Zwangerschap can arrange for you to talk to a specially-trained counselor who can help you make your decision.
- Talk it over with your friends and family.



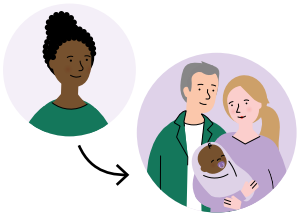
We will support you

- We'll provide information.
- We'll give you help and guidance.

Raising the child yourself

You will take care of your child yourself.

Foster care

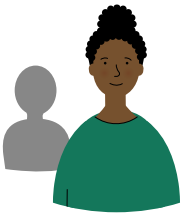


- **A foster parent will (temporarily) take over the care and up-bringing of your child.**
- The family relationship between you and your child is not legally ended.

Adoption

- **Someone else becomes your child's legal guardian.**
- Your child becomes a full member of another family. This means your child will have a new, permanent home.

Abortion



- **You terminate the pregnancy prematurely.**
- There are several ways to do this. This is always done in a hospital or abortion clinic.

On the back of this document you will find references to useful websites with more information.

I discussed this card with: _____

Please bring this document with you if you transfer to another location.

Notes

Useful websites*

Support with making your decision

- fiom.nl
- infopuntonbedoeldzwanger.nl

Raising the child yourself

- fiom.nl
- kansrijkestartnl.nl
- siriz.nl
- zanzu.nl
- nji.nl/wijkteams
- **GP:**
- **Midwife:**

Foster care

- fiom.nl
- fiomutrecht.nl
- altra.nl/fiom
- siriz.nl
- pleegzorg.nl

Adoption

- fiom.nl
- rijksoverheid.nl/adoptie

Abortion

- fiom.nl
- ngva.net/klinieken

** On some websites the text is in Dutch.*
You can use Google Translate to translate the text.

umcg Childbirth Network Amsterdam UMC STERK UIT ARMOEDE zorgbelang Groningen fiom: