

# About LIFE Care

Through our network of Care Centres around the UK, our National Helpline or our Text-to-Talk service, LIFE Care provides non-directive counselling and support for anyone facing an unplanned pregnancy, suffering the loss of a baby or coping after abortion.

We can provide free pregnancy tests, baby clothes, equipment and other practical help to women and families in difficulty. We also offer on-going emotional and practical help during pregnancy and after birth.

We have over 40 years' experience of helping women, men and families facing a range of pregnancy-related difficulties. Our trained staff and volunteers won't judge and won't tell you what to do; we provide you with a safe space to explore your situation free from outside pressures.



National Helpline  
**0808 802 5433**

Text to Talk  
Text **LIFECARE**  
(followed by your message)  
to **88020**

Visit us online  
**[www.lifecharity.org.uk/care](http://www.lifecharity.org.uk/care)**

Email us  
**[sam@lifecharity.org.uk](mailto:sam@lifecharity.org.uk)**

# Think you might be pregnant?

Is your period late or have you had sex and think you might be pregnant? We are here for you every step of the way. You can do a pregnancy test at one of our Care Centres or we can send you a pregnancy test in the post.

If a positive test result comes as a shock, you can take the time, with our support, to work through all your options and discover what is best for you. Our free, confidential services can provide you with the time and space you need to talk about your circumstances and explore your choices.



// “The counsellor listened,  
never judged and  
completely got why I was  
so sick with worry.”



## **Pregnant and need help?**

An unplanned pregnancy can come as a shock and you might not know what to do next or how you feel about it. We are here to help you take the time to think about all of your options. You can talk to our counsellors and skilled listeners, free and in complete confidence either face-to-face, on the phone or via text.



“I felt so alone. Talking to a Helpline skilled listener helped me realise I wasn’t on my own.”



# You can talk to us in complete confidence.

National Helpline **0808 802 5433**

Text to Talk

text **LIFECARE** (followed by your message) to **88020**

National Head Office:

LIFE House, 1 Mill Street, Leamington Spa  
Warwickshire CV31 1ES

Telephone: 01926 421 587

Fax: 01926 336 497

Email: Sam@lifecharity.org.uk

Visit [www.lifecharity.org.uk/care](http://www.lifecharity.org.uk/care)

This leaflet can be made available in other formats or languages if required, e.g. large print or tape.



Scan here  
for more  
information.



**LOTTERY FUNDED**

LIFE is the trading name of LIFE 2009 which is a limited company registered in England and Wales (number 06786752), a registered charity (number 1128355) and a charity Registered in Scotland (number SCO41329) whose registered office is at LIFE House, 1 Mill Street, Leamington Spa, Warwickshire CV31 1ES.

This leaflet was produced October 2012 and supersedes all previous leaflets.

# Had an abortion?

If you have had an abortion you may find you want to talk to someone who can help you work through your feelings. If you're experiencing mixed emotions, sometimes talking to someone can really help, whether your abortion was last week or many years ago.

Our experienced counsellors and skilled listeners provide non-directive support to help you explore how you feel and think about what your abortion meant to you. In full confidence, you can speak to someone in a safe place, who won't judge and can help you find a way to move on.





“No one really understood how I felt after the abortion...the LIFE skilled listener understood and I felt so much better for talking about it.”

# Pregnancy Loss?

Pregnancy loss comes in different forms and may create feelings that are difficult to cope with. Whatever the circumstances of your pregnancy loss, whether a miscarriage, ectopic pregnancy, stillbirth, hydatidiform mole or abortion, our experienced counsellors can help you acknowledge your feelings and find ways of living with your loss.

## Someone else?

If you're worried about someone who is facing a crisis pregnancy, pregnancy loss or who needs support after abortion, help is available for them on our National Helpline, at our Care Centres across the UK and via our Text-to-Talk service. Perhaps you could give them this leaflet.

## What about you?

If someone you know is experiencing a pregnancy-related problem, it may affect you too. Perhaps it's your girlfriend, wife or an ex-partner – our services are available for men too. Or maybe it's a family member or friend and their experience has triggered feelings in you which are hard to cope with. Whatever your circumstances we are here to help you too, free and in complete confidence.



“I needed to talk to someone who would understand how I was feeling. The person on the LIFE Helpline understood.” //

# LIFE's Care Service

The service is available to women, men and families who are or have been affected by pregnancy-related issues, including (but not restricted to) unplanned pregnancy, abortion, pregnancy loss and infertility. LIFE is a non-religious charity.

The service is provided by both volunteer skilled helpers and professional counsellors. Our skilled helpers have been trained to provide listening skills and to offer practical support. They are aware of their own skill level and may refer clients to more experienced volunteers or counsellors.

We try to offer disabled access to our Care Centres but where this is not available alternative help may be arranged. If there is a language barrier we will do our best to find interpreters or refer to another agency.

LIFE is an organisational member of the British Association of Counselling and Psychotherapy (BACP) and we subscribe to BACP's ethical guidelines.

## **What you can expect from us:**

- Acceptance regardless of religion, background, race, beliefs, age or sexuality.
- Confidentiality within agreed boundaries, except when there is danger of harm to self or others.
- Free information on pregnancy and family related issues.
- Free practical and emotional support during and after pregnancy.
- Where appropriate, referral to other agencies such as LIFE Housing, CAB or benefits.
- LIFE is a pro-life organisation and therefore does not make referrals for abortion or give information about abortion providers.
- That our volunteers will engage in professional supervision.
- Adequate notice in case of holiday leave.

## **What we expect from you:**

- Respect for our volunteers. We will not be able to see you if you arrive at a centre under the influence of alcohol or drugs.
- 48 hours' notice if you are unable to attend a pre-arranged session. If more than two sessions are missed without good reason the arrangement will be terminated.
- Notice of intention to end sessions.



# LIFE Care

**CRISIS PREGNANCY  
COUNSELLING SERVICE**

**PREGNANCY LOSS  
COUNSELLING & SUPPORT**

**PRACTICAL HELP**

**National Helpline 0808 802 5433**

**Text to Talk: text LIFECARE**

**(followed by your message) to 88020**