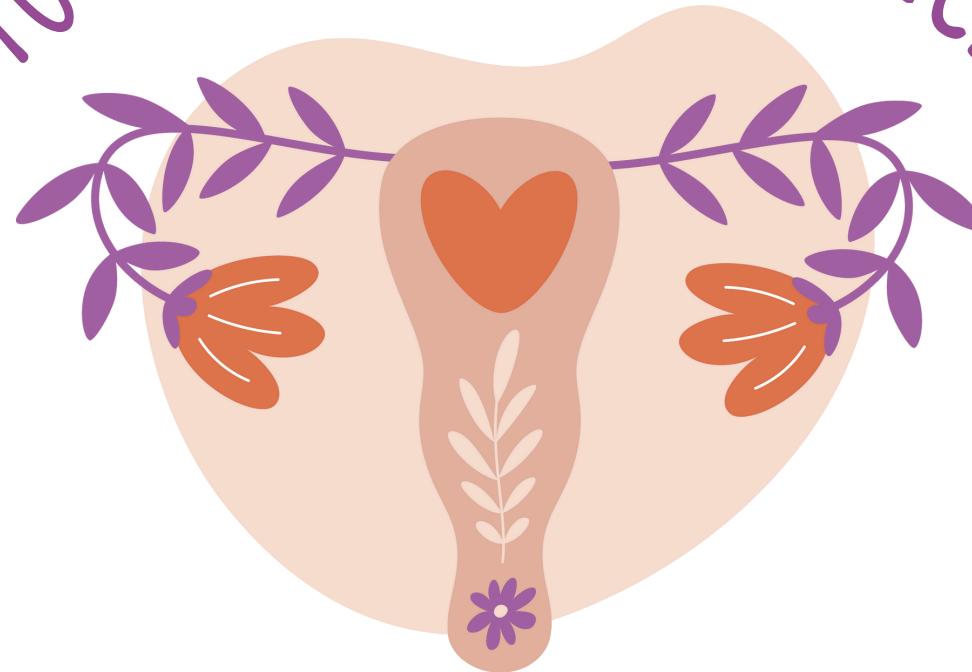




YOUR BODY, YOUR CHOICE

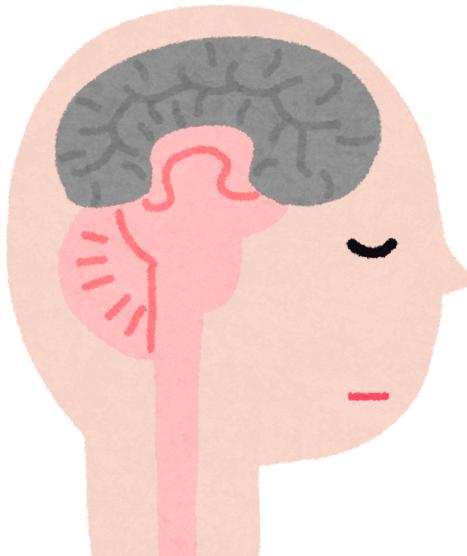


THINKING THROUGH THE BEST DECISION FOR YOU

HOW ARE YOU FEELING?

Finding out you are pregnant can bring lots of emotions all at once. You may be experiencing some of the feelings to the right, as well as many that aren't listed.

These feelings are all normal.
Be kind to yourself.



IT'S OKAY TO TAKE YOUR TIME

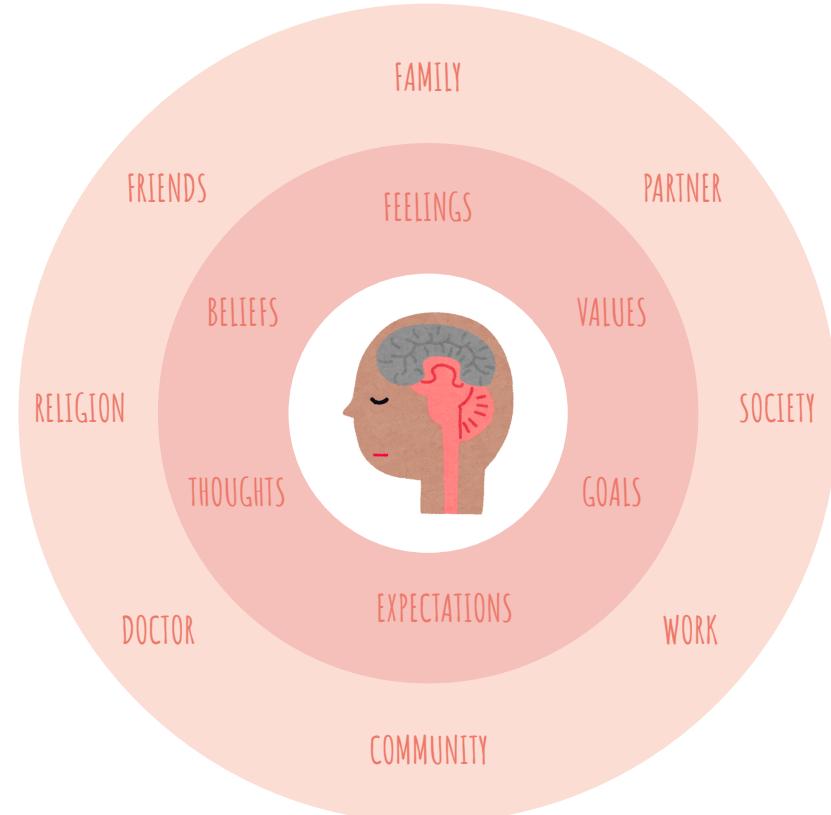
It's hard to problem-solve when we're stressed. Our mind and body go into 'fight, flight or freeze' response, and the part of our brain that helps us make decisions doesn't work as well as it usually does.

Although there are time constraints if you choose to have an abortion, it's okay to slow things down, breathe, and do things that help your brain feel calmer, before you make a decision about your pregnancy.

IT'S YOUR DECISION

'Do I have an abortion or continue the pregnancy?' It's common to worry about what other people think or want – such as your partner, family or friends. It's important to know that no one else gets a vote in this decision, only you. Why? Because it's your body and it's the law.

It may help to consider what it is influencing your thoughts about this pregnancy.



A STARTING POINT

Which way are you leaning right now? Most people don't feel 100% certain. Putting a number on it can give you a place to start. This might move around over time.



NO RIGHT OR WRONG CHOICE

There's no right or wrong choice about your pregnancy – only what's best for you.

Reflecting on the questions below may help clarify your thoughts. You might like to talk through the questions with a friend; think about them while you go for a walk; or write down your thoughts in the space provided.

How do I feel about continuing the pregnancy?

If I continue the pregnancy, what are my main worries?

How might my life look in one years' time?

How do I feel about having an abortion?

If I have an abortion, what are my main worries?

How might my life look in one years' time?

DO YOU NEED MORE INFORMATION?

Write down any information you need or questions you want answered.

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The Pregnancy Choices Tasmania website (www.pregnancychoicestas.org.au) may have the information you're looking for, or you can call the Women's Health Tasmania Information Line on **1800 675 028**.

DO YOU WANT TO TALK ABOUT IT?

It can help to talk about your pregnancy options with a non-judgemental listener. Women's Health Tasmania offers free, confidential counselling in person, over the phone or online. Call us on **1800 675 028** or email info@womenshealthtas.org.au to make an appointment.

