

Counselling Services at The Pregnancy Advisory Centre

When can counselling help?

Despite a majority of the community's support for a woman/pregnant person's right to decide about continuing pregnancy or abortion, society's attitudes can feel like it conveys judgement and mistrust of those choosing abortion. Some people may experience confusion, guilt or fear about being stigmatised and want to talk these feelings through with someone.

Whilst unplanned pregnancy is a very common experience and reason for some to consider abortion, not all pregnancy decisions are due to unplanned pregnancy.

Sometimes counselling can be helpful and provide the opportunity to clarify thoughts and feelings about abortion and unplanned or uncertain pregnancy.

When faced with a pregnancy decision, some given their circumstances, the decision is clear. For others the way to proceed is not straight forward. Their own feelings about the situation, the pressures they feel or the influences of others' feelings may make the decision more difficult.

It may be helpful to discuss feelings and reactions with someone other than family, partner or friends.

Sometimes after an abortion it can be helpful to talk about the experience and feelings whether the abortion was provided at another hospital, recently or a longer time ago.

What is counselling?

The Pregnancy Advisory Centre counsellors respect each person's unique circumstances and provide a confidential and safe place to talk. Our practice principles include:

- The importance of reproductive autonomy (eg the decision is made free from pressure /coercion)
- Trust that people are the experts in their life
- All reproductive choices are valid and equal

Counselling can provide an opportunity to:

- explore the situation with you and if appropriate, plan strategies without offering advice.
- explore feelings and thoughts about each option before making a decision
- discuss the situation with someone who will not apply pressure or judgement
- discuss the situation together with your partner, family or friends in the presence of an independent person
- affirm the decision and seek support in making future plans provide support following an abortion if needed

Strategies may include:

- exploring all aspects of each option being considered
- exploring the influences or pressures on the Decision, providing support and strategies to assist decision making
- Facilitate decision making discussions with significant others

Trusting yourself

It is estimated that one in every three to four women/pregnant person will have an abortion during their lifetime, making it a very common experience.

Research shows that if the decision has been made without pressure from others and an abortion is carried out in a supportive environment, with caring and skilled staff, most find the experience is a positive one that does not carry long lasting negative emotions.

The most important consideration for anyone is their own sense of what is best for them and their situation.

Some comments from clients who have had counselling at the Pregnancy Advisory Centre

"I felt my feelings and needs were taken seriously and listened to."

"They were non-judgmental and understood my feelings."

"I went the first day with the weight of the world on my shoulders, but thankfully after I had spoken to someone it helped me realise I'm not alone with this problem."

"I felt comfortable and relieved after talking to someone."

"As hard as it was, I definitely made the right decision."

"They did not try to influence my decision."

Using Pregnancy Advisory Centre Services

Generally, counsellors will ask to see clients on their own at first. However, counselling can be for you, your partner or both of you, or with other family members.

Partners, friends and family are welcome to use our counselling service in order to deal with their own issues about the pregnancy or abortion.

A counselling session can be arranged by telephone or face to face and further sessions are available as needed.

Services are confidential and free of charge.

Counselling appointment

Pregnancy Advisory Centre

707 Port Road

Woodville Park SA 5011

Ph. 7117 8999

SA Country FREECALL: 1800 672 966

Our website has counselling resources available.

<https://www.sahealth.sa.gov.au/wps/>

Other counselling services

SHine SA

64c Woodville Road, WOODVILLE

Phone: 1300 794 584

SHine SA has metropolitan branches.)

Metropolitan Youth Health 3 locations:

6 Gillingham Rd, ELIZABETH

Phone 8255 3477

Parks Community Centre,
Trafford Street, ANGLE PARK

Phone 8243 5637

50A Beach Road, CHRISTIES EACH

Phone 8326 6053

Women's Health Service

47 Dale Street, PORT ADELAIDE

Phone 8444 0700

Pregnancy, Birth and Baby Helpline

1800 883 436

Refugee Health Service

21 Market St Adelaide

8237 3900

MENSLINE support for male partners

1300 78 99 78

Social Work Departments of Flinders Medical Centre, Lyell McEwen Hospital and Noarlunga Health Service.

Supports after diagnosis of fetal anomaly

Paediatric and Reproductive Genetics Unit

81617375

SANDS SA 1300 072 637

For more information

Pregnancy Advisory Centre

707 Port Road

Woodville Park SA 5011

Telephone: (08) 7117 8999

Fax: (08) 7117 8977

SA Country Free Call 1800 672 966

Email: HealthPAC@sa.gov.au

<https://www.sahealth.sa.gov.au/pregnancyadvisorycentre>

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Non-English speaking: for information in languages other than English, call the interpreting and Translating Centre and ask them to call The Department of Health. This service is

Pregnancy Advisory Centre

Counselling Services

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