

# Termination

Understanding what's involved in an abortion can help you to make an informed choice. There are various methods of termination offered depending on how many weeks pregnant you are and your medical history.

## We can inform you of the current procedures available

Afterwards some women feel an initial sense of relief but later may experience a sense of loss, grief, guilt, regret or anger. You are more likely to experience these reactions if:

- You are being pressurised
- You feel you have no choice
- Becoming a parent is something you desire for your future
- You have a history of anxiety or depression
- You have a late termination for a diagnosed abnormality
- You don't feel comfortable with the idea of abortion

Make sure that you have all the information you need and have considered all your options carefully, this will help limit the negative emotional effects a termination decision could have.

## We offer post abortion counselling

We see women weeks and sometimes many years after a termination decision. If you feel you need to talk to someone following a termination please don't hesitate to contact us!

# Contact us\*

1a Trinity Place  
Huntingdon  
PE29 3QA

**Phone:** 01480 45 77 11

**For Huntingdon area text:** 07760 146411

**For Cambridge area text:** 07305 744592

**Email:** [info@pregnancyadvice.org.uk](mailto:info@pregnancyadvice.org.uk)

**Web:** [pregnancyadvice.org.uk](http://pregnancyadvice.org.uk)



[/CornerstoneCareinConfidence](https://www.facebook.com/CornerstoneCareinConfidence)

**Charity Number 1104599**

\* If you are facing an unplanned pregnancy our trained advocates will give you time, space and information to help you make your own decision. Because we do not refer directly for abortion you can be sure of impartial advice. We will discuss all options with you and advise you how to proceed with whatever decision you reach.



# Cornerstone

Pregnancy Advice Centre

*Care in Confidence*

## Unplanned Pregnancy?

## Confused?

## Worried?



**Call 01480 457711**

For confidential counselling, caring support  
and free pregnancy testing

# If your pregnancy is unplanned

This news can feel unwelcome or even frightening and it is not unusual to feel overwhelmed. Perhaps you were looking forward to having a baby but now something new has happened and you don't know whether or not you can cope.

If you think you're pregnant and it's not good news, the wrong time, or you feel worried, confused and unsure of what to do next please talk to us so that you can make an informed decision about the options available to you.

## There is someone who has time to listen

Don't be pressured into making a hasty decision. Cornerstone are here to give you time, space and all the information you need to make a decision that's right for you. You will be able to consider the gains and losses of each option. Whatever you decide it will benefit you, both now and in the long run, to know that you carefully explored all the options available.



## Becoming a Parent

Maybe you have decided that you do want to parent but the thought of finding suitable housing, equipment or help is overwhelming. You need not be on your own. We will work with you to build a bespoke network of support and can help with things such as: Money issues, housing, healthcare, baby equipment, returning to work, school or college.

## You will be offered on going support

Becoming a parent might mean looking at some of the difficulties involved. The practical and emotional aspects of managing life with a child may create challenges but becoming a parent can be very rewarding and fulfilling too.

# Adoption

Establishing a parenting plan for your child through adoption is often considered the most courageous choice a birth mother can make. It is a great sacrifice on her part but it means she can choose to give her child the opportunities she is currently unable to provide. Adoption means that a child legally becomes a member of a new family. You may be able to have input into who parents your child and what kind of contact can be maintained with the new family.

You will have plenty of time to work out what's best for you and your child. Adoption means making a sacrifice on your part for your baby's sake. Adjusting to life afterwards may mean working through some difficult emotions. We can help with both practical and emotional support.

## Support is available to you both before, during and after adoption