

Pregnancy counselling is ...

- open to everyone – regardless of gender, age, background, beliefs, disabilities or sexual identity
- confidential, nothing is passed on – also anonymous if desired
- respectful and unbiased – it is your decision
- free and local – 1,600 advice centres are available to you
- technically competent – all counsellors are specially qualified experts
- personal – to some extent also available by telephone, online or by email



Bundeszentrale
für
gesundheitliche
Aufklärung

You have a legal entitlement to counselling, make use of it!



Advice centres in your area can be found at:

familienplanung.de

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Legal details

Publisher: Bundeszentrale für gesundheitliche Aufklärung
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Print: Düssel-Druck & Verlag GmbH, Düsseldorf Edition: 1.5.11.16 Order no.: 13625570
Additional card sets can be ordered free of charge from:
Fax: +49 (0)221-8992257, email: order@bzga.de, post: BZgA, 50819 Cologne

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Do you have any questions? We are here for you!



The advice centres for pregnancy, birth,
family planning, sexuality and contraception

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Advice **Pregnancy** **Maternity rights** **Unwanted pregnancy**
Sexuality **Birth** **Pregnancy conflict**
Financial assistance **Pre-natal examinations** **Social assistance**
Parenting **Desire for children**
Confidential birth **Relationship** **Pregnancy termination**
Parental leave **Pre-natal investigations**
Contraception
Early assistance
Legal questions

For your notes:

Your nearest advice centre:

[]



Prenatal examinations – What is important to me?

Are you pregnant or about to become a father and wondering whether your child will be healthy?

Are you considering whether you would like prenatal examinations and if so, which ones? Are you unsure what the results mean for you and what consequences they have? Are you concerned that your child may be ill or have a disability?

In **pregnancy counselling**, you are able to discuss your questions, worries and concerns in a safe environment with no time pressure – either alone or as a couple.



Talk to us – we are here for you!

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Pregnancy counselling

Informs you about ...

- the prenatal examination options and possible consequences of these
- your right to not know
- life with an ill or disabled child

Can provide advice and support ...

- before and after a prenatal examination
- whilst you await the test results
- when classifying and assessing the findings
- if you or your partner do not agree on what should happen
- even in the most difficult situations, for example, in the loss of a child
- in the search for further advice and assistance – self-help groups or associations for those affected, for example

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Relationship, sexuality, family planning – Talk about it openly!

Are you contemplating your circumstances and your relationship?

Do you have questions regarding sexuality, contraception and what goes on in the body? Are you perhaps considering having a child?

In **pregnancy counselling**, you are given extensive and knowledgeable information. You are able to talk alone or as a couple about your questions, wishes, requirements and concerns – confidentially and in a safe environment.



Talk to us – we make time for you!

Advice centres in your area can be found at: www.familienplanung.de

Pregnancy counselling

Answers questions about ...

- relationships and sexuality in all phases of life
- fertility and the desire to have children
- the body, sexuality and contraception
- sexual health and your rights in relation to sexuality and family planning

Can empower and offer support ...

- during resolution of relationship conflicts and crises – before, during and after pregnancy
- in the case of emotional stress, for example, caused by an unfulfilled desire to have children and during fertility treatment
- in the case of questions regarding sexual diversity and sexual identity
- in contacting additional advice and help services

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Pregnant – And so many things are new?!

Are you pregnant or soon to become a father?

Are you wondering what awaits you? Are you excited, anxious, perhaps even a little uncertain? Are you looking for helpful information and discussions about pregnancy, birth and the initial time with your child?

In **pregnancy counselling**, all topics that matter to you are taken into consideration. You will receive information, support and competent advice.



Talk to us – you are welcome here!

Advice centres in your area can be found at: www.familienplanung.de

Pregnancy counselling

Informs you about ...

- pregnancy, birth and the initial time with your child
- prenatal examinations
- maternity rights, parental leave and child benefit
- financial, social and early assistance – for single parents and couples
- the new role of becoming a mother, father and about being a parent
- assistance services for people with disabilities and their families

Can provide advice and support ...

- in the event you wish to apply for financial services or social assistance
- in the search for a midwife and further support
- in matters concerning your rights, for example, in education and work
- in the event of an unplanned pregnancy
- in the case of problems, concerns or doubts
- when handling administrative bodies and authorities
- with difficult decisions

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Unplanned pregnancy – What now?

Are you experiencing an unplanned or unwanted pregnancy?
Are you facing unplanned or unwanted fatherhood?

Are you wondering: a child now? Another child? Is this what I want?
Can I do this – even on my own? Or what does this mean for my relationship?
Education, job and child – how do they go together?

In **pregnancy counselling**, you can discuss your questions, feelings, worries and doubts openly. The advisors are obliged to maintain confidentiality and are here for you.

**Arrange a personal appointment –
we listen to you!**



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Pregnancy counselling

Informs you about ...

- social and financial assistance – for example, everything you need to get ready to welcome a child or for child care
- different methods and possible actions
- determining factors for terminating a pregnancy, for example, the issuing of proof of counselling
- the costs and methods of terminating a pregnancy
- the path to placing your child in care or up for adoption
- the option of a confidential birth

Supports you and ...

- provides space for contradictory feelings and coming to a decision
- helps establish the right path for you
- respects your requirements, your circumstances and the circumstances surrounding your relationship
- does not interfere – your decision counts
- points you in the direction of assistance – for example, when looking for addresses, a home, in your professional life or dealing with administrative bodies, forms and applications

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Where do I find suitable support for me and my child?

Early assistance – for a good start to family life!

Are you pregnant, soon to become a father or do you already have a baby?

Are you worried that everything could be quite difficult, are you anxious and barely able to find peace of mind? Or are you in a stressful living situation and need help and support?

You will be made to feel welcome in **pregnancy counselling**. You can speak confidentially and openly and receive concrete support for you and your child.



Contact us – we are here for you and we will look for solutions together!

Advice centres in your area can be found at: www.familienplanung.de

Pregnancy counselling

Informs you about ...

- offers of early assistance on site – midwives or family mentors, for example
- practical assistance for families with babies and small children – parenting courses, family centres and child care, for example
- medical, social and psychological assistance – “crying units” or early intervention centres, for example
- offers of paediatric and adolescent assistance such as educational counselling

Is here for you ...

- in the case of emotional stresses, worries or doubts – during pregnancy and even after birth
- in the event of relationship crises or family problems
- if you or your child have a disability
- if you have social or financial difficulties
- in the event of questions relating to social law and when dealing with administrative bodies and authorities

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