



Federal Ministry for  
Family Affairs, Senior Citizens,  
Women and Youth

Beratung & Geburt  
VERTRAULICH



 0800 -  
40 40 020  
Your call is free of charge.  
"Pregnant women in distress"  
**support hotline**

# Pregnant and your world's upside down?

We're there to help – in confidence.

## Pregnant and your world's upside down?

Almost nothing is as life-changing as a pregnancy. Often, happiness and excitement are mixed with worry and doubt. Mothers-to-be in difficult life situations, in particular, sometimes feel that they are not up to the task ahead.

No matter what questions, doubts or fears are worrying you, we're there to help. Any time, in confidence and anonymously if you want. In our Pregnancy Advice Centres, you can discuss anything that bothers you in safety and security. All our counsellors are experienced and sympathetic and will be pleased to help.

They will work with you to find the solutions that best suit your needs and wishes.

You have every right to ask for advice and help on all matters to do with pregnancy and birth – alone or as a couple, and without giving your name.



## We're there to help.



### **Confidential and, if you want, anonymous**

We'll help you no matter what questions or fears you might have. You don't have to give your name. And if you contact us online or by telephone, you can be sure: Your data will always be protected.



### **Protected and safe**

All our counsellors have a duty of confidentiality by law. This means that everything that you disclose to them is highly protected. No-one will find out about your conversation – including your relatives, your employer, local authorities or health insurance funds.



### **Open-minded and sympathetic**

Experienced counsellors provide you with tangible assistance and offers of support. They work with you to find the best solution for you. They won't try to influence you and they'll respect your decision.



### **Open to everyone**

You're welcome just as you are. Our counsellors will support you regardless of gender, origin, faith, sexual orientation or sexual identity. As a couple or alone.



### **Competent and personal**

All our specialist counsellors are highly trained and very experienced. They work according to professional quality standards and know what help is available in your area. Advice is always provided personally – whether you visit us or call us by phone.



### **The right to help**

You have an absolute right to seek advice and assistance on any matter to do with pregnancy. You have a legal right to be given comprehensive advice by a recognised pregnancy advice centre. And it can be anonymous if you want.



Learn more and find help:

 [www.schwanger-und-viele-fragen.de](http://www.schwanger-und-viele-fragen.de)

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and in many more languages

We'll help you. Anonymously and reliably. We're at the other end of the helpline for you, 24/7. Free, without barriers, in various languages. You can also find out more about the support available near you.

**Use your right to help!**

## Other sources of support



Beratung & Geburt  
VERTRAULICH

Need to keep your pregnancy a secret? For anonymous support and all the information you need on confidential birth, go to:

[www.geburt-vertraulich.de](http://www.geburt-vertraulich.de)



Support for women in need – the Violence against women support hotline.

Confidential, free and in various languages:

We're available for you 24/7 on our hotline:

**08000 116 016**

[www.hilfetelefon.de](http://www.hilfetelefon.de)

*familienplanung.de*

UNABHÄNGIG UND  
WISSENSCHAFTLICH FUNDIERT

You'll find basic information on lots of important questions to do with family planning, pregnancy and birth at [www.familienplanung.de](http://www.familienplanung.de), an information service of the Federal Centre for Health Education (BZgA). This is also where you'll find an advice centre near you.

We're there for you personally.

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Monday–Thursday 9.00 a.m. - 6.00 p.m.  
Fax: +49 30 185554400  
Email: info@bmfsfj.service.bund.de

\* For general questions to all government offices and agencies, the general civil service telephone number 115 is also available from Monday to Friday from 8 a.m. to 6 p.m. Currently, you can call this number from selected pilot regions such as Berlin, Hamburg, Hesse and North Rhine-Westphalia among others. You can find further information on [www.115.de](http://www.115.de).