

## I'd Like To Help

Contributed by Becky

I really would. If you're pregnant and alone and you need someone to talk to in absolute confidence please call the girls at:

### 24 Hour Pregnancy Hotlines:

- Option Line: 1-800-395-HELP (24 Hour Line)
- Crisis Pregnancy Help Line : 1-800-672-2296
- National Life Center 1-800-848-LOVE
- Birthright: 1-800-550-4900

### Hotlines that Refer to Places for Help:

- Birthright : 1-800-550-4900 (24 Hour)
  
- Free pregnancy testing
  
- Completely confidential help
  
- Non-judgmental and caring advice
  
- Friendship and emotional support
  
- Legal, medical, and educational referrals
  
- Prenatal information

- Maternity and baby clothes
- Housing referrals
- Social agency referrals
- Information on other community services
- Adoption information
- The National Crisis Pregnancy Helpline 1-800-521-5530 (24 Hour)
- The Nurturing Network: 1-800-TNN-4MOM (M-F, 9-5)

International Hotlines:

- Birthright International 1-800-550-4900 (24 Hour)
- National Life Center 1-800-848-LOVE (24 Hour)
- Care Confidential U.K 0800 028 2228

Web Help:

- Option Line
- America's Pregnancy HelpLine

Regional Help:

- USA

- Kentucky | Opportunities ( English 1-800-822-5824 | Spanish 1-800-860-7165 )

- CANADA

- British Columbia | Okanagan Valley Pregnancy Care Centre

- Australia

- Pregnancy Help Australia

Adoption Information:

- Adoption.com: 1-888-962-3678

- Bethany Christian Services: 1-800-238-4269, 1-800-BETHANY (8am-12pm EST, 7 days/week)

It was help like this that got me through a difficult time and gave me the support I needed to make the right decisions.

