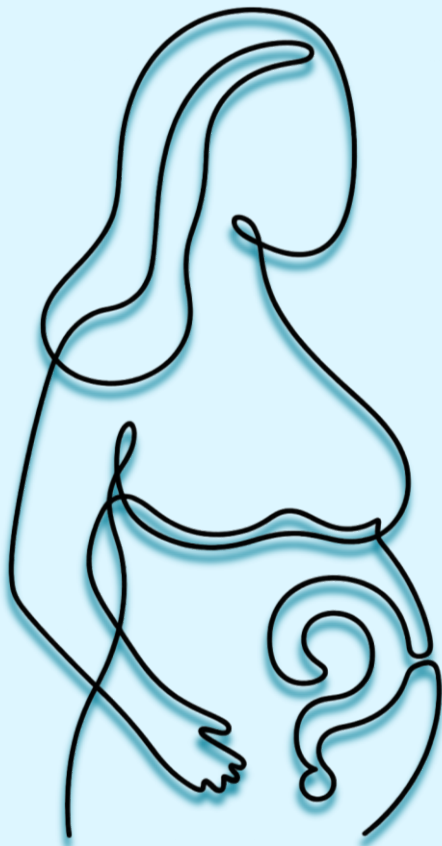


A guide to unplanned pregnancy

An unplanned pregnancy can be a massive emotional and practical challenge for everyone involved and may cause lots of questions, conflicting feelings and fears. This guide is aimed at people affected and those close to them. It provides an overview of the legal principles, offers information about possible options and points you towards organisations that offer support and advice. It is intended to help you decide on the right solution for your individual situation in life. You are entitled to free advice and support.



*Make your own
decision – there is no
right or wrong answer.*



Motherhood/parenthood

If you want to carry the pregnancy to term and look after the child yourself – whether that is alone, with the other parent/father of the child or with support from someone else – you may face various challenges and have questions. In these situations, there are various support and advice services available to talk to you about, for example, financial issues, concerns relating to employment or civil law, difficulties in your relationship or questions about future childcare.

Terminating a pregnancy



In principle, the pregnant person must make the final decision about whether to continue or end the pregnancy.

If you want to terminate your pregnancy, consult a gynaecologist. They will have an in-depth discussion with you. An advisory service can help you to make the right decision for you. They will provide you with information about further support. The legal provisions, health risks and the abortion procedure will be explained in an initial discussion. If you are unsure, get free, confidential and unbiased advice.

In Switzerland, an abortion is possible at the request of the pregnant person up to the twelfth week of pregnancy. To have an abortion after this point, there must be medical reasons that pose a serious risk to the pregnant person. The costs of the abortion are covered by your basic health insurance.

There are two methods for abortion:

- Medical abortion: carried out by taking medication approved for this purpose
- Surgical abortion: carried out via a medical intervention

The method that is right for you will depend, among other things, on the week of pregnancy and your health. When you talk to your doctor, they will explain the options available to you.

Under 16?

Are you under 16 and want to terminate your pregnancy? Then by law you must also contact the official pregnancy advisory centre (elbe) in addition to having a detailed consultation with your gynaecologist. The consultation is free of charge and confidential. You can make your own decision about whether you want to continue the pregnancy or not, even without your parents/guardians knowing.



Adoption

If you do not want to/cannot terminate your pregnancy or if an abortion is no longer possible due to the advanced pregnancy, you can put the child up for adoption after the birth. It is important that you seek advice and support. The consultation is free of charge and confidential. Information and advice can be obtained from the pregnancy advisory centre (elbe), the organisation “Sexuelle Gesundheit Schweiz”, the adoption advisory centre or your local women’s clinic.

Confidential birth

If you do not want anyone in your family or close to you to know that you are pregnant, you can give birth in confidence. This means that you will receive care and medical treatment under a pseudonym during pregnancy and childbirth. Your personal details will be kept secret and will only be forwarded to the civil register authority and the child and adult protection authority. After the birth, you can put the child up for adoption if the child’s father/other parent also agrees or is unknown.

Information and advice on confidential births can be obtained from the pregnancy advisory centre (elbe), the adoption advisory centre or your local women’s clinic.

Additional information and the addresses of cantonal points of contact can also be found on the Sexuelle Gesundheit Schweiz website at <https://sexuelle-gesundheit.ch>.

Advisory centres



In accordance with the Federal Act on Pregnancy Advisory Centres, you are entitled to short-term, free, unbiased and confidential advice and support, irrespective of your decision. The advisory centre can support you with social, psychological, financial and legal matters, provide specialist information or help you to make decisions. You can contact the advisory centre alone, as a couple or with another person you are close to.

Official pregnancy advisory centre for the Canton of Lucerne

elbe – Fachstelle für Lebensfragen,
Schwangerschaft & Familienplanung
Hertensteinstrasse 28
6004 Luzern

☎ +41 41 210 10 87

✉ info@elbeluzern.ch

🌐 <https://elbeluzern.ch>

Adoption advisory centre

PACH – Pflege- und Adoptivkinder
Schweiz
Pfingstweidstrasse 16
8005 Zürich

☎ +41 44 205 50 40

✉ info@pa-ch.ch

🌐 <https://pa-ch.ch>

Medical advice centres

🌐 <https://luks.ch>

Lucerne site
Luzerner Kantonsspital
Frauenklinik
Haus 21
Spitalstrasse
6000 Luzern 16

☎ +41 41 205 35 10

✉ frauenklinik.luzern@luks.ch

Sursee site
Luzerner Kantonsspital
Frauenklinik
Spitalstrasse 16a
6210 Sursee

☎ +41 41 926 42 00

✉ frauenklinik.sursee@luks.ch

Wolhusen site
Luzerner Kantonsspital
Gynäkologie und Geburtshilfe
Spitalstrasse 50
6110 Wolhusen

☎ +41 41 492 84 05

✉ anmeldung-wolhusen.frauenklinik@luks.ch

Your gynaecologist

Social advisory centres

 <https://sobz.ch>

SoBZ Region Willisau-Wiggertal
Kreuzstrasse 3B, Postfach
6130 Willisau

 +41 41 972 56 20

 info@sobz-willisau.ch

 <https://sobz-willisau-wiggertal.ch>

SoBZ Region Entlebuch, Wolhusen
und Ruswil

Hauptstrasse 13
6170 Schüpfheim

 +41 41 485 72 00

 info@sobz-entlebuch.ch

 <https://sobz-entlebuch.ch>

Zentrum für Soziales – Hochdorf site
Bankstrasse 3b, Postfach
6281 Hochdorf

 +41 41 914 31 31

 hochdorf@zenso.ch

 <https://zenso.ch>

Zentrum für Soziales – Sursee site
Christoph-Schnyder-Strasse 4b
6210 Sursee

 +41 41 925 18 25

 sursee@zenso.ch

 <https://zenso.ch>

Stadt Luzern – Kinder Jugend Familie
Kasernenplatz 3
6000 Lucerne

 +41 41 208 72 90

 info@contactluzern.ch

 <https://contactluzern.ch>

Stadt Luzern – Sozialzentrum Rex
Obergrundstrasse 3
6002 Lucerne

 +41 41 208 72 22

 <https://stadtluzern.ch>

General crisis and emergency numbers

Luzerner Psychiatrie – Zentrale Anmelde- und
Koordinationsstelle (ZAK)
Schafmattstrasse 1
4915 St. Urban

 +41 58 856 53 00

 anmeldung@lups.ch

 <https://lups.ch/zuweisung-alt/zak>

147 – Pro Juventute (for children/young people)

 147

 0800 147 000

 <https://147.ch>

143 – Heart2Heart (for adults)

 143

 <https://143.ch/en/>