

# Manual Unwanted Pregnancy?

## **You have the right to counselling – Free, objective and confidential**

An unwanted pregnancy can bring up questions, mixed feelings and fears. According to Federal law, if you find yourself in this situation, you have the right to counselling and support, whether you would like to terminate the pregnancy or carry it to term.

If you need time in order to make a decision or you wish to conduct a further discussion on your personal situation, you can contact the official family planning office where you will be further supported with all social, psychological, financial and legal questions.

Such counselling can help you to ultimately make a decision. You can seek counselling after the termination of a pregnancy, with regard to birth control questions or for support in making a decision.

You can also bring your partner or a person with whom you have a close relationship to the counselling session. The counselling is free of charge and the sessions are confidential as they fall under the principle of doctor-patient privilege.

## **You have made the decision to terminate your pregnancy**

In this case, your doctor has had a detailed discussion with you, informed you on legal matters as well as health risks related to the termination of a pregnancy. Your doctor will also have given you a list of contact points after you have signed this manual.

Only you, as the affected person can make the final decision whether you want to carry the pregnancy to term, terminate the pregnancy or give the child up for adoption.

## **You are younger than 16 and are considering terminating your pregnancy**

In addition to a detailed discussion with your doctor, a counselling session with a family planning centre is compulsory. Counselling for underage patients is also free of charge, confidential and falls under the principle of doctor -patient privilege.

## **You are thinking about the option of adoption**

Giving up a child for adoption is a difficult decision. For more information and support you can contact the Swiss Department for Adoption (Schweizerische Fachstelle für Adoption).

## **Family planning centre of the Canton of Lucerne (Schwangerschaftsberatungsstelle des Kantons Luzern)**

elbe – Fachstelle für Lebensfragen, Schwangerschaft & Familienplanung  
 Hertensteinstrasse 28, 6004 Luzern  
 Telefon 041 210 10 87  
 info@elbeluzern.ch  
 www.elbeluzern.ch

You will find more information on terminating a pregnancy or carrying a pregnancy to term on the homepage of the Swiss umbrella organization of family planning and pregnancy counselling centres: [www.sexuelle-gesundheit.ch](http://www.sexuelle-gesundheit.ch)

### **Further counselling centres and contact points**

If you are considering carrying your pregnancy to term and fall into financial difficulty, you can contact the social services department of your commune or contact the following contact points:

#### **Sozial-Beratungs-Zentren im Kanton Luzern ([www.sobz.ch](http://www.sobz.ch))**

SoBZ Region Entlebuch, Wolhusen und Ruswil  
Hauptstrasse 13, Postfach 165, 6170 Schüpfheim  
Telefon 041 485 72 00  
[info@sobz-entlebuch.ch](mailto:info@sobz-entlebuch.ch)

SoBZ Regionen Hochdorf und Sursee  
Standort Hochdorf  
Bankstrasse 3b, Postfach 694, 6281 Hochdorf  
Telefon 041 914 31 31  
[hochdorf@sobz.ch](mailto:hochdorf@sobz.ch)

Standort Sursee  
Haselmatte 2A, Postfach, 6210 Sursee  
Telefon 041 925 18 25  
[sursee@sobz.ch](mailto:sursee@sobz.ch)

SoBZ Luzern  
Obergrundstrasse 49, 6003 Luzern  
Telefon 041 249 30 60  
[luzern@sobz.ch](mailto:luzern@sobz.ch)

SoBZ Regionen Willisau-Wiggertal  
Kreuzstrasse 3B, Postfach, 6130 Willisau  
Telefon 041 972 56 20  
[willisau@sobz.ch](mailto:willisau@sobz.ch)

#### **Advice on Adoption**

Schweizerische Fachstelle für Adoption Zweigstelle Luzern  
Pilatusstrasse 18, 6003 Luzern  
Telefon 044 360 80 90  
[www.adoption.ch](http://www.adoption.ch)



Gesundheits- und Sozialdepartement  
**Dienststelle Gesundheit und Sport**  
Meyerstrasse 20  
6003 Luzern

Tel. 041 228 60 90  
[gesundheit@lu.ch](mailto:gesundheit@lu.ch)