

Are you in an emergency situation?

You are in an emergency situation and have to make sure that no-one learns about your pregnancy and the birth of your child.

In hospitals in the canton of Bern you will receive (anonymous) medical and psychological advice both during your pregnancy and after the birth; you can give birth to your child in private so that your environment learns nothing about this. Your persona data will be blocked on admittance and your presence in the hospital will not be disclosed to third parties. If the birth of your child has to be kept secret, please contact the obstetrics department of a hospital in the canton of Bern in due time.

Further Help

If you decide to have the baby you can seek further help and support from the local **Social Services**. Some further **organisations and foundations** offering support are listed below.

Schweizerische Hilfe für Mutter und Kind (SHMK)

Postfach
4011 Basel
Hotline 0800 811 100
E-Mail info@shmk.ch
www.shmk.ch

Information on the option of offering a child up for adoption once it is born

You can either contact the official pregnancy counselling services or call the following directly:

Pflege- und Adoptivkinder Schweiz

Pfingstweidstrasse 16
8005 Zürich
Telefon 044 205 50 40
www.pa-ch.ch

Impressum

Dieser Leitfaden ist erhältlich:
Kantonsarztamt, Rathausgasse 1, 3011 Bern
Tel. 031 636 43 85 Fax 031 633 79 29
www.be.ch/gsi → Gesundheit → Schwangerschaftsabbruch



**Kanton Bern
Canton de Berne**

Gesundheits-, Sozial- und Integrationsdirektion
Kantonsarztamt

Guideline

Are you going through an unwanted pregnancy?

You have the right to receive counselling - free of charge and confidential

Unplanned pregnancy can trigger lots of questions, contradictory emotions and fears. In accordance with federal law, this situation guarantees your right to free counselling and aid, irrespective of whether you want to carry the pregnancy to term or terminate it.

If you are in a conflict situation, need more time for a decision or want a further open discussion about your personal situation, please contact the official pregnancy counselling offices, which will be able to support you in social, psychological, financial and legal questions.

This kind of counselling can help you make the decision that is right for you. You can also visit these facilities after you have terminated the pregnancy or have questions regarding family planning.

If you like, you can also bring your partner or a friend to the counselling session.

You have decided to terminate the pregnancy

Your doctor will have discussed this with you in detail and informed you of legal regulations, as well as of the health risks posed by the termination of the pregnancy. Following your signature, you will also have received this guideline with addresses of counselling facilities.

Only you yourself as the affected woman are able to make the decision for or against carrying the pregnancy to term or offering the child up for adoption.

You are younger than 16 years.

If you are younger than 16 and would like to terminate the pregnancy, you will need to have a detailed counselling discussion with your doctor at a counselling facility which specialises in adolescents. This counselling session is compulsory. These counselling sessions for minors are also confidential, free and subject to secrecy.

In the canton of Berne, the official pregnancy counselling centres are assigned with the support of pregnant women under the age of 16.

Adoption

Giving up a child for adoption after birth is a very difficult decision, which cannot be made without extensive discussions beforehand. In this case, there are also counselling facilities available. The appropriate addresses are also contained in this guideline.

Family Planning and Counselling Centres

Zentrum für sexuelle Gesundheit Bern

Universitätsklinik für Frauenheilkunde
Inselspital, Theodor Kocher Haus
Friedbühlstrasse 19
CH-3010 Bern
031 632 12 60
sexuelle-gesundheit-bern@insel.ch
www.frauenheilkunde.insel.ch

Berateria - Zentrum für Verhütung, Sexualität und Familienplanung

Spital Burgdorf, Oberburgstrasse 54
3400 Burgdorf
034 421 24 42
info@berateria.ch
www.berateria.ch

FaPla Thun - Zentrum für Verhütung, Sexualität und Familienplanung

Villa Gerber, Allmendstrasse 1, 2. OG
3600 Thun
058 636 29 05
faplathun@spitalstsag.ch
www.spitalstsag.ch

Centre de santé sexuelle – Planning familial du Jura bernois

Hôpital du Jura bernois
Médicentre Tavannes
Grand-Rue 32
2710 Tavannes
032 482 67 37
sante-sexuelle@hjbe.ch
www.hjbe.ch

Beratungsstelle für sexuelle Gesundheit und Familienplanung Spitalzentrum Biel

Vogelsang 84, Postfach
2501 Biel
032 324 24 15
familienplanung@szb-chb.ch
www.spitalzentrum-biel.ch

Familienplanungs- und Beratungsstelle der Frauenklinik SRO AG

St. Urbanstrasse 67
4900 Langenthal
062 916 31 09
familienplanung@sro.ch
www.sro.ch

Familienplanungs- und Beratungsstelle Spital Interlaken

Weissenaustrasse 27
3800 Unterseen
033 826 26 26
i.familienplanung@spitalfmi.ch
www.spitalfmi.ch