

An unwanted pregnancy brings up numerous questions: ambivalence, uncertainty and distress are natural feelings.

Your doctor has spent plenty of time with you and has explained the health risks of terminating a pregnancy and the relevant legal dispositions.

It is up to you to decide whether to interrupt the pregnancy or not and, in the second case, whether to give the child up for adoption.

If you still feel undecided, if more time to reflect is needed or there is a desire to speak to someone about the situation, don't hesitate to contact one of the services listed.

Specialists sworn to secrecy will welcome you. These specialists will answer, free of charge, every type of question whether it be ethnical, psychological, social, legal or financial. Whatever the final choice is, you will nonetheless find help and support in these centres.

List of available services

A) Consultori salute sessuale (CoSS EOC)

Free help and advice concerning pregnancies, contraception, unwanted pregnancies and termination of pregnancies. Confidentiality is guaranteed also for those under aged.

Internet: <http://www.eoc.ch/CoSS>

❖ The Family Planning Clinics can be found in the following Regional Hospitals:

Bellinzona e Valli, 6500 Bellinzona	091 811 92 32-CoSS@eoc.ch
Locarno, 6600 Locarno	091 811 45 51-CoSS@eoc.ch
Lugano, sede Civico, 6900 Lugano	091 811 61 48-CoSS@eoc.ch
Mendrisio, 6850 Mendrisio	091 811 36 50-CoSS@eoc.ch

B) Services for social psychiatric problems:

- ❖ Servizi medico-psicologici (per minorenni)

Vicolo Sottocorte 4, 6500 Bellinzona	091 814 31 41
Via G. A. Orelli 19, 6600 Locarno	091 816 26 11
Via Luganetto 5, 6962 Viganello	091 815 21 51
Via Mola 6, 6877 Coldrerio	091 646 62 15
- ❖ Servizi psico-sociali (per adulti)

Vicolo Sottocorte 4, 6500 Bellinzona	091 814 31 51
Via G. A. Orelli 19, 6600 Locarno	091 816 26 51
Via Luganetto 5, 6962 Viganello	091 815 21 11
Via Beroldingen 9, 6850 Mendrisio	091 816 44 51

C) Services and associations for social help, moral or material

Free help and consulting for women and couples who, facing a pregnancy, find themselves in difficulty for various reasons: professional, economic, legal, moral or family related.

- ❖ Office for families and under age youngsters:
Ufficio dell'aiuto e della protezione - Settore famiglie e minorenni

Via Ghiringhelli 19, 6500 Bellinzona	091 814 75 11	dss-minorenni.bellinzona@ti.ch
Via Luini 12, 6600 Locarno	091 816 05 61	dss-minorenni.locarno@ti.ch
Via San Salvatore 3, Paradiso	091 815 75 31	dss-minorenni.lugano@ti.ch
Via Bernasconi 31, 6850 Mendrisio	091 815 94 01	dss-minorenni.mendrisio@ti.ch
- ❖ Sì alla Vita

Casella postale 10, 6903 Lugano	091 966 44 10
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- ❖ SOS Medici per la vita 091 960 81 11
On call emergency doctors for Women with unexpected or problematic pregnancies

- ❖ Caritas Ticino 091 936 30 20
Via Merlecco 8, 6963 Pregassona
- ❖ OPTIMA (Opera ticinese della maternità) 091 923 14 83
Viale Franscini 11, 6900 Lugano
Social worker: 079 681 11 01
- ❖ SOFO
(Solidarity fund for mother and child) 091 825 07 62
Vicolo Von Mentlen 1, 6500 Bellinzona
- ❖ Welcome home Santa Elisabetta 091 966 24 16
Via Borromoni 13, 6900 Lugano
- ❖ Swiss help for mother and child
CP, 4142 Münchenstein Free Helpline: 0800 811 100
- ❖ May Day
For foreign women with precarious state 091 973 70 67
Via Merlina 3a, 6900 Lugano may.day@sunrise.ch

D) Information regarding options for adoption of the newborn

- ❖ Ufficio dell'aiuto e della protezione 091 814 71 01
viale Officina 6, 6500 Bellinzona
- ❖ Emmanuel S.O.S. Adoption 024 471 60 74
Route d'Outre-Vièze 146, 1871 Choëx

Dipartimento della sanità e della socialità
Ufficio del medico cantonale
Commissione consultiva sessualità e salute



An unwanted pregnancy ?

Versione inglese

Informative leaflet

Bellinzona, 2017

**Further information and copies of this
leaflet in various languages at:**

www.ti.ch/med