

Teenage pregnancy support

Finding out you're pregnant when still a teenager can be very scary, especially if the pregnancy wasn't planned. However, help and support is available.

It is very important to take a test as soon as you think this could be a possibility.

You can purchase tests from most supermarkets and chemists but can also go and see your GP or the nearest sexual health clinic.

Broad Street Plaza is our nearest sexual health clinic:

Address: 51 Northgate, Halifax, West Yorkshire, HX1 1UB

Phone: 01422 261370

Talking to home

Whilst speaking to your parents / carers can seem an extremely difficult thing to do you are going to need their support whatever decision you make.

Friends can be a good source of support but be careful and ensure you trust them to keep things confidential until a time you are ready for others to know.

School support

As with any issue, schools are here to support you and the choice that you make.

You will not be judged and can have a safe space to talk. However, it's important to remember unlike some services we cannot offer confidentiality. We can also offer to be there when telling parents / carers if you would like.

Information

Common symptoms of pregnancy

- Missed period/s
- Tender / swollen breasts
- Feeling sick / being sick
- Increased need to urinate
- Tiredness



Options for an unplanned pregnancy

- Continue with the pregnancy and keep the baby
- Continue with the pregnancy and choose adoption
- End the pregnancy and have an abortion

What should I do next?

Once you have completed a test and received a positive result you are likely to be feeling a whole range of emotions such as worried, frightened or unsure.

It is very important to talk through your options and think clearly and carefully about you and your situation before making any decision. Think about your relationship, your responsibilities, any future plans you may have.