

## Life - Counselling

[Back to results](#)

Whatever your pregnancy-related problem, help is just a click, text or call away.

If you're late and worried about being pregnant, considering abortion or you've just found out you're pregnant and don't know what to do, we can help. Maybe you're pregnant and have nowhere to live or need some practical support. Or perhaps you're dealing with the loss of a pregnancy or need to talk to someone after an abortion.

Our online services, free helpline and text-to-talk service mean you can easily access the emotional and practical support you need. Trained staff and volunteers are on hand to provide you with a safe space to explore your situation and decide what's best for you.

From counselling to housing, training in parenting skills to free pregnancy tests, baby equipment to emotional support - whatever your pregnancy-related issue, help is just a click, text or phone call away.

### Who to contact

<b>Telephone</b>	0808 802 5433
<b>Email</b>	<a href="mailto:sam@lifecharity.org.uk">sam@lifecharity.org.uk</a>
<b>Website</b>	<a href="#">Life Charity</a>