



NATIONAL
SAFE HAVEN
ALLIANCE

I'M PREGNANT!

What do I do now?

GIVE US A CALL OR TEXT

There are kind and caring staff available to direct you to the resources you need and answer all of your questions. Always 100% anonymous & confidential!



Call or text us at
1-888-510-BABY (2229)



PREGNANCY RESOURCE CENTERS

Pregnancy Resource Centers offer resources and support. Go to the link below to find your nearest location and their staff will assist with ultrasounds, parenting programs, and local community resources available.

www.optionline.org

YOUR OPTIONS

There are many options available for you to choose from including parenting, temporary placement, adoption, and Safe Haven. Please see the back of this card for more details.



HOME DELIVERY

It is important for you and the infant to receive medical attention. There are risks, health issues, and dangers in out-of-hospital delivery. Please call 911 to receive emergency medical attention. If you are deliver the baby alone, please visit <https://tinyurl.com/emergbirth>

1-888-510-BABY (2229)

WWW.NATIONALSAFEHAVENALLIANCE.ORG



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WHAT ARE MY OPTIONS?



PARENTING

If you want to speak with someone about parenting, our helpline staff will connect you with the nearest Pregnancy Resource Center. Go to the link below to find your nearest center and their staff will assist with ultrasounds, parenting programs, and local community resources available in your area.

www.optionline.org



TEMPORARY PLACEMENT

Temporary placement is a short-term solution for parents in need who are not looking to surrender their child. For temporary placement options that support children of all ages and help keep families together, please visit the Safe Families Program website. This option is not available in every state.

www.safefamilies.org



ADOPTION

NSHA uses a rotating list of adoption agencies and we are able to connect you with an agency anywhere in the county. We can also answer any questions you may have, discuss the adoption plans available to you, and help you choose the best option that fits your situation.



SAFE HAVEN

NSHA's 24/7 Crisis Hotline staff can discuss this option in more detail and share the nearest Safe Haven locations to you. Please call or text 1-888-510-2229 to learn more. Your baby will either be placed through the Department of Child and Family Services with a foster-to-adopt family or directly with an adoptive family, depending on your state's law.

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