

Abortion is NOT a Safe Solution

A lot of “experts” might tell you that abortion will take away your problems, but for many women it only causes more, including serious physical complications. These risks are listed on an abortion provider’s consent form:*

- Blood clots in veins and lungs
- Hemorrhage (heavy bleeding)
- Potential for infection
- Damage to the uterus
- Sterility
- Injury to the bowel and/or bladder
- A possible hysterectomy as a result of injury or complication
- Death

*Planned Parenthood of Southeast Texas

An ambulance was called to Planned Parenthood of St. Louis for at least FIVE of their clients in 2013.



Many people also experience...

- Increased risk of miscarriages, premature births, and breast cancer
- Trouble sleeping, flashbacks, anxiety attacks
- Feelings of anxiety, grief, guilt, anger, or low self-esteem
- Eating disorders, sexual dysfunction, and substance abuse
- Depression or thoughts of suicide
- Withdrawal from relationships
- Repression or denial about thoughts or feelings dealing with the abortion
- Problems bonding with current and future children

Family Planning

Concerned About Getting Pregnant?

Artificial methods of contraception come with greater risks of sexually transmitted diseases and require years of maintenance costs. **Oral contraceptives have been cited by the American Cancer Society as a Class I Carcinogen.**

However, **natural** fertility care and family planning methods are available at lower cost, carry no risk, and have higher success rates than many artificial methods. For more information contact the **Office of Natural Family Planning** at **314-997-7576**.

Sexually Transmitted Diseases (STD)

Those who are sexually active are often concerned about unplanned pregnancies. Remember that babies and parenting/adoption plans are blessings. The negative consequences, such as STDs, are not blessings.

Americans are now infected by more than **110 million** cases of STDs. There are more than **20 million** cases each year - half of these occur in people under age 25.

The National Institute of Health (2001), the New England Journal of Medicine (2006), and the American Journal of Public Health (2007) all report that condoms do not provide the protection that promoters of "safer sex" would have you believe. In fact, programs that exaggerate the effectiveness of condoms, along with increased distribution of condoms, has led to the alarming increase in STDs. The birth control pill and other hormonal contraceptives give no protection against STDs.

Some STDs can be spread through sexually intimate skin-to-skin contact. STDs can cause infertility, cervical cancer, penile cancer, miscarriage, birth defects, and death.

The only 100% protection against STDs is to save sexual intimacy for marriage to an uninfected partner and remain faithful for life.



This brochure is produced by the Respect Life Apostolate, Archdiocese of St. Louis



STLRespectLife.org
314.792.7555



Archdiocese of St. Louis

Do you still feel abortion is your only option?

Unless it is a medical emergency, the abortion facility is required to give you information so that you can make an informed choice!

Under Missouri law, the abortion facility is required:

- Tell you the risks to you of having an abortion
- Tell you about the development of your baby
- Tell you about resources to help you through your pregnancy and beyond
- Offer you an ultrasound

If they don't do these four things, they are breaking the law.

For help with your legal rights after an abortion, or if someone is trying to force you to have an abortion, contact **Life Dynamics Inc. at 1-800-800-5433** or the **Center Against Forced Abortions** at **210-614-7157** or **info@txjf.org**.

Do you still have doubts or feel confused?

Remember, the resources listed in this brochure are there to help you find the best option for you.

For 24/7 Hour Help
OptionLine.org
1.800.712.HELP (4357)

Wounded by an abortion experience?



314.792.7565

STLProjectRachel.org

Free, Confidential, Professional Counseling & Spiritual Direction for anyone wounded by abortion.

Unplanned Pregnancy

Family Planning

Looking for

Options?

You're

Not Alone

FREE
Resources
Inside

Resources That Can Help

For Nationwide Help 24/7 OptionLine.org 1.800.712.HELP (4357)

- ⊕ **FREE** Pregnancy Testing
- 💰 Financial Assistance
- 🛒 **FREE** Supplies
- ⊕ Medical Care
- ⊕ **FREE** Medical Referrals
- 📺 **FREE** Ultrasound
- 📄 **FREE** STD Testing
- ♥ Adoption Services
- ♥ **FREE** Adoption Referrals
- 🏠 Housing/Emergency Shelter

The resources inside this brochure offer **FREE** assistance to choose the safest option for you and your baby. The services listed may be onsite or referral, but each agency will do everything possible to help you with your best option.

If you are in an abortion facility right now, you can still leave, even if you have already paid. Please come outside and talk with us about the resources available to you. **No matter your situation, we can help!**

Your Baby is Alive and Growing

By the time you found out you were pregnant, your baby's heart was beating (approximately 22 days after conception).

6 weeks ▶

Your baby's brain waves can be detected, and she responds to touch.



12 weeks ▶

All organ systems are functioning, and your baby can smile.



8 weeks

Your baby's organ systems are present, and his fingerprints become his permanent unique identifier.

9 weeks ▶



Your baby can yawn and suck.

Photos © Life Issues Institute Text: www.nrlc.org

Birthright St. Louis ⊕ \$ 🛒 ⊕ **FREE** ♥ **FREE**
BirthrightSTL.org 800.550.4900
 Brentwood..... 314.962.5300
 Central West End..... 314.361.0124
 Bridgeton 314.298.0945
 South County..... 314.962.3653

Birthright ⊕ \$ 🛒 ⊕ **FREE** ♥ **FREE**
Birthright.org 800.550.4900
 Eureka 636.938.4221
 Hillsboro..... 636.789.3518
 Wentzville **birthrightofwentzville.com** 636.327.8170
 St. Charles **birthrightstcharles.org**.... 636.724.1200

Well Women's Health Care and Pregnancy Assistance

Mercy JFK Clinic
 615 S. New Ballas Rd. 63141..... 314.251.6382
St. Mary's Health Center
 6420 Clayton Rd. 63117 314.768.8673

St. Francis Community Services (Catholic Charities) \$ 🛒 ⊕ **FREE** 🏠
ccstl.org/Services
 Midtown Center 314.534.1180
 Fr. Tolton Center – Baden..... 314.385.3445
 Southside Center (Eng. and Span.) 314.773.6100
 Southside Center (Vietnamese) 314.644.8990
 St. Charles County Center..... 636.498.2273

Catholic Charities
 Queen of Peace Center..... 314.531.0511
 Central West End
 Women with substance abuse/addictions
 St. Martha's Hall..... 314.533.1313
 Women/children victims of domestic violence

Good Shepherd Children & Family Services ⊕ \$ 🛒 ⊕ **FREE** ♥ 🏠
GoodShepherdstl.org
 University City..... 314.854.5700

Options for Women Pregnancy Ctr. ⊕ 🛒 ⊕ **FREE** ♥ **FREE**
 Ste. Genevieve, MO..... 573.883.1088

Our Lady's Inn Maternity Home ⊕ 🛒 ⊕ **FREE** ♥ 🏠
OurLadysInn.org *Services for Residents only*
 South City 314.351.4590
 St. Charles 636.398.5375

The Sparrow's Nest Mother/Child Home 🛒 🏠
TheSparrowsNestSTL.org
 O'Fallon, MO 636.336.2534

Parkland Pregnancy Resource Center ⊕ 🛒 ⊕ **FREE** ♥ **FREE**
 Park Hills, MO..... 573.431.6001

Pregnancy Assistance Center ⊕ \$ 🛒 ⊕ **FREE** ♥ 🏠
 Washington, MO..... 636.239.1840

Pregnancy Help Center ⊕ 🛒 ⊕ **FREE** ♥ **FREE**
 South County-St. Louis..... 314.894.9800

ThriVe St. Louis ⊕ \$ 🛒 ⊕ **FREE** ♥ **FREE** 🏠
thrivelouis.org 314.773.4626
 24-Hour Helpline..... 877.773.4626
 St. Louis City 314.783.0478
 North County..... 314.785.0211
 St. Charles County..... 636.278.1212

Fontebella Maternity Home 🛒 🏠
Fontebella.org
 O'Fallon, IL..... 618.406.4355

Life Network of Southern IL ⊕ 🛒 ⊕ **FREE** ♥ **FREE**
MyLifeNet.org
 Waterloo, IL 618.939.4224
 Red Bud, IL..... 618.939.4224

Mosaic Pregnancy and Health Centers ⊕ ⊕ **FREE** ♥ **FREE**
RevealMosaic.com
 Granite City, IL 618.451.2002
 Belleville, IL 618.355.9977

*"I have never **felt so alone**. All my **choices seemed scary or depressing**. My counselor helped me to see that I did have some **good options**. With her support I know that I can **make a good plan for myself and my baby**."*

Heather



Blessed Teresa of Calcutta Fund
 Established by Archbishop Robert Carlson in 2009, the Blessed Teresa of Calcutta Fund offers a financial bridge to individuals or couples experiencing limited financial resources while awaiting the birth of their child or during the initial period following birth. For assistance, call the Respect Life Apostolate at 314-792-7555.