For Unplanned Pregnancies

No matter your circumstances, anyone facing an unexpected pregnancy deserves the utmost respect, support, and care in their journey. We’re here to walk you through the most commonly asked questions regarding unplanned pregnancies and connect you to the resources that can help you on your journey.

Unplanned pregnancies are far more common than you think:

- 60% of all pregnancies are unintended.
- 75% of pregnancies among 15-19-year-olds are unplanned.

The Importance of Holistic Pregnancy Services

Without assistance, women facing an unplanned pregnancy often face significant struggles. Some challenges they might encounter include:

- Complications during pregnancy and childbirth are the leading cause of death for 15–19-year-old girls globally.
- Adolescent mothers face higher risks of eclampsia, puerperal endometritis, and systemic infections than women 20-24.

How NCHS Can Help:

- Assistance in Accessing Prenatal Care
- Connections to Community Resources
- Information on Parenting and Adoption
- Guidance and Legal Information
- Temporary Newborn Care
- One-on-one Ongoing Support Services

How to Access Services:

- Visit nchs.org or call 888.315.7347 for more information.
- Learn about the prevalence and perceptions of unplanned births at https://www.urban.org/sites/default/files/publication/88801/prevalence_and_perceptions_of_unplanned_births.pdf
- Visit the Power To Decide website for information on accessing birth control at https://powertodecide.org/what-we-do/access/birth-control-access
- Learn about pregnancy complications at https://consumer.healthday.com/pregnancy-2656608027.html
- Explore resources on unintended pregnancy at https://www.ncbi.nlm.nih.gov/books/NBK217693/
- Discover more about teen pregnancy at https://www.guttmacher.org/united-states/teens/teen-pregnancy
- Read about adolescent pregnancy at https://www.who.int/news-room/fact-sheets/detail/adolescent-pregnancy
- Understand adolescent pregnancy at https://www.who.int/news-room/fact-sheets/detail/adolescent-pregnancy

Helping You Make A Plan

An unexpected pregnancy can shake the foundations of your life and the lives around you. It takes a tremendous amount of courage and support to face an unexpected pregnancy and navigate your way through the challenges that come along with it.

Everyone needs help sometimes.

Allow us to assist you during one of the most important times of your life and walk you through your pregnancy options. We’re here to support you as you build out a plan that works for you and your loved ones.

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Sources:

- Families come in all shapes and sizes.
- For teenagers experiencing an unplanned pregnancy: Everyone needs help sometimes.

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