

## 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**

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

**STLProjectRachel.org**

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
- +R** Medical Referrals
- +** FREE Ultrasound
- +** FREE STD Testing
- +** Adoption Services
- ♥R** 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.

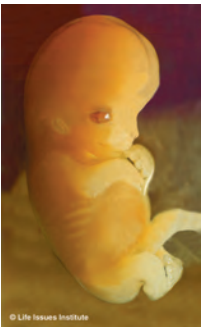
**If you are in an abortion facility right now**, you can still leave, even if you have already paid. Please come outside and talk with us about the resources available to you. **No matter your situation, we can help!**

## 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** **+** **\$** **+** **+** **+** **+** **+**

**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** **+** **\$** **+** **+** **+** **+** **+**

**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)** **\$** **+** **+** **+** **+** **+**

**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** **+** **\$** **+** **+** **+** **+** **+**

**GoodShepherdstl.org**

University City..... 314.854.5700

**Options for Women Pregnancy Ctr.** **+** **+** **+** **+** **+** **+**

Ste. Genevieve, MO..... 573.883.1088

**Our Lady's Inn Maternity Home** **+** **+** **+** **+** **+** **+**

**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** **+** **+** **+** **+** **+** **+**

Park Hills, MO..... 573.431.6001

**Pregnancy Assistance Center** **+** **\$** **+** **+** **+** **+** **+**

Washington, MO..... 636.239.1840

**Pregnancy Help Center** **+** **+** **+** **+** **+** **+**

South County-St. Louis..... 314.894.9800

**ThriVe St. Louis** **+** **\$** **+** **+** **+** **+** **+** **+** **+** **+**

**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** **+** **+** **+** **+** **+** **+**

**MyLifeNet.org**

Waterloo, IL ..... 618.939.4224

Red Bud, IL..... 618.939.4224

**Mosaic Pregnancy and Health Centers** **+** **+** **+** **+** **+** **+**

**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.