



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 SUPPORT

There are programs available in your community that can assist with prenatal services, housing, ultrasounds, parenting programs, and more. Please call to be connected to the local community resources available.

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 9-1-1 to receive emergency medical assistance. If you deliver the baby alone, please visit <https://tinyhearts.com/en-us/blogs/birth/accidental-homebirth>

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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 resources available in your community. Services may include prenatal care, state funded programs, pregnancy services including ultrasounds, WIC, and local community resources available in your area.



TEMPORARY PLACEMENT

Temporary placement is a short-term solution for parents in need who are not looking to surrender their child, or may need more time to create a safe plan for their baby. For temporary placement options that support children of all ages there are options available, call us for more information.



ADOPTION

NSHA uses a rotating list or approved website of adoption agencies and we can connect you with an agency anywhere in the county. Contact our team to be connected to an adoption specialist and learn about the plans available to support your decision. We will walk alongside you as 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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