

Options for abortion include:



Medical abortion
up to 9 weeks



Surgical abortion
A procedure performed under sedation at a clinic or hospital by a specially trained doctor.
up to 23 weeks

Post-abortion support

After an abortion, it's common to experience a range of emotions, but many people find that it was the right decision for them. If you feel you could benefit from additional support after an abortion, free counselling services are available.

Information and support

SHQ is a pro-choice organisation that supports your right to make informed decisions about your pregnancy, without judgement. We can assist you in accessing the choices you decide are best for you, including unintended pregnancy counselling and post-abortion support. We provide medical abortions, information and advice on contraceptive options and referrals for surgical abortions.

Resources



1800 4 Choice is a free, unplanned pregnancy helpline where you can access confidential support and information about abortion options and services. Our team of experienced nurses are available Monday to Friday 9:30am - 4:30pm. Visit 4choice.org.au, or call **1800 424 642**

Looking for more information?



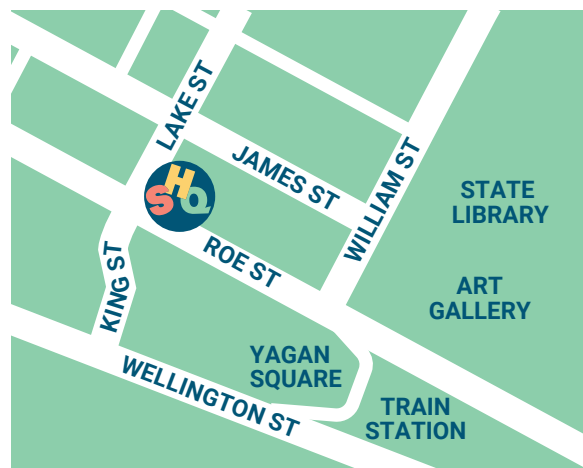
Sexual Health Quarters (SHQ)

☎ 08 9227 6177 ✉ info@shq.org.au
70 Roe Street, Northbridge WA 6003

Sexual Health Helpline

☎ 08 9227 6178 ✉ sexhelp@shq.org.au

Find us on social media



shq.org.au



SHQ is on Whadjuk land. We acknowledge the Traditional Custodians of Country across Australia.

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Sexual Health Quarters

I'm pregnant, what are my options?



Decisions about what to do if you have an unintended pregnancy can often be simple, but sometimes decision making can be complex. It is normal to feel a range of emotions about an unintended pregnancy and it is important to understand your options. This brochure provides information for people who are pregnant in Western Australia to help them consider their options and understand what support is available.

Do you think you might be pregnant?

If you suspect you might be pregnant, it is important to find out as soon as possible. A late or missed period can be a sign, along with other symptoms such as:



Nausea or vomiting



Sore breasts



Fatigue



Peeing more often



These signs don't always mean that you are pregnant. If you think you may be pregnant and your period is late, it is important to do a pregnancy test. These are readily available at pharmacies, supermarkets, and health clinics and will provide a result within minutes. If your test is negative but you're still concerned, it may be worth seeing your GP for a blood test to confirm the result.

Pregnancy Options

With an unintended pregnancy, you have three choices to consider:



Continue the pregnancy and become a parent



Continue the pregnancy with a view to adoption



End the pregnancy by having an abortion

If you need more support or information to help you make a decision, you can reach out to your GP, a sexual health doctor or nurse, or one of our counsellors at SHQ. Contact information is available on the back of this brochure.

It is important to take time and get the support you need to make the decision that is right for you. Many people find it helpful to talk to a trusted friend, family member or health professional.

If you choose to continue the pregnancy - either to become a parent or to seek adoption, it is important to begin prenatal care as soon as possible. Seeing your doctor regularly throughout pregnancy will help ensure you and the pregnancy are healthy.

Parenting

If you are considering parenting, it's important to think about what supports you have available. Consider whether you'll be parenting with a partner or on your own, if your living arrangements are safe, if you have family or friends who can help, and how parenting fits with your future goals. Support services are available, including both financial and practical support.

Adoption

In Western Australia, Adoption Services in the Department of Communities is the only agency authorised to arrange adoptions. A representative from the Department will be assigned to meet with the birth parents to guide them through the process and provide additional support.

Abortion Services

Abortion options include taking medications (medical abortion) or having a procedure to end a pregnancy (surgical abortion). As a pregnancy progresses, the available abortion options change, so timely decision-making is important.

If you live in WA and decide to have an abortion, you can book directly with an abortion provider without needing a GP referral. The cost of an abortion varies between clinics, and some costs may be covered by Medicare or Private Health Insurance. Costs for an abortion may increase as the pregnancy progresses.

Abortions are safe and legal in WA up until 23 weeks gestation. If your pregnancy has progressed beyond 23 weeks, you may still be able to access an abortion legally, but you will need to consult with two doctors to discuss your options.