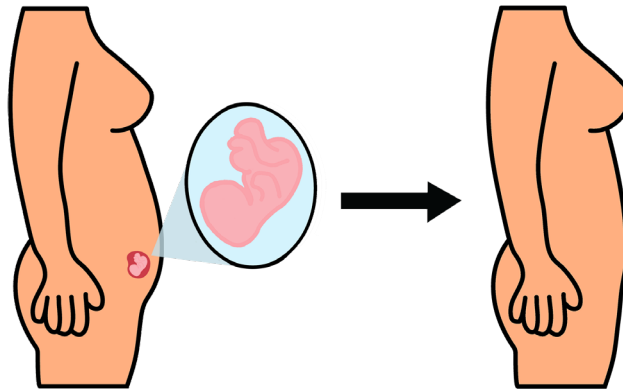


women's
health
matters!



About abortion and your choices

Women's Health Matters



Easy English

Blue words



Some words in this book are **blue**.

We write what the blue words mean.

Help with this book



You can get someone to help you

- understand this book
- find more information.



Contact information is at the end of this book.



About this book

This book is from Women's Health Matters.



We give people in the ACT information about women's health.



Some things in this book might make you feel sad or upset.

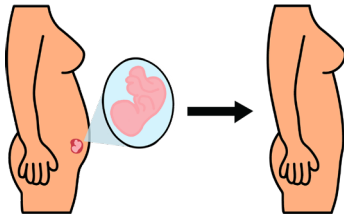


If you feel sad or upset, you can

- talk to someone you know
- contact a support service.



Support services are at the end of this book.



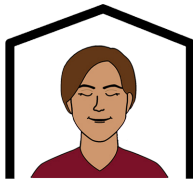
This book is about **abortion** and your choices.

Abortion is when you choose to end a pregnancy.



Abortion is a **medical procedure**.

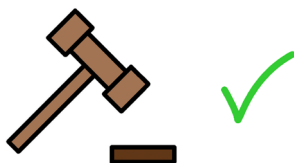
Medical procedure means treatment by a doctor or nurse.



Abortion in Australia is

- safe

and

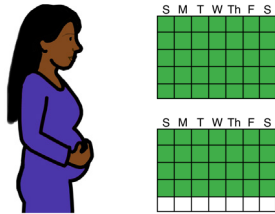


- **legal.**

Legal means allowed as part of the law.

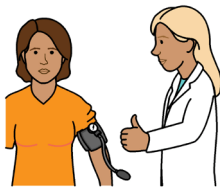
Types of abortion

There are different ways to get an abortion.

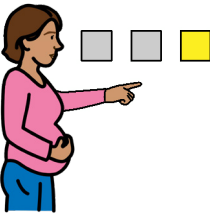


The type of abortion will depend on

- how long you have been pregnant



- your health



- what you choose

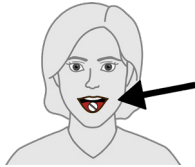


- the doctor or service.

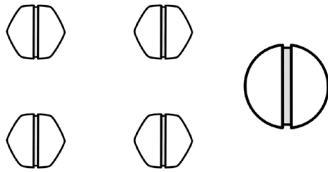


There are two types of abortion in the ACT.

1 Medication abortion



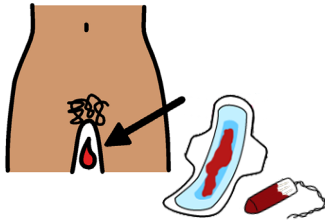
Medication abortion means you end a pregnancy with tablets.



You have to go to a doctor to get the tablets.



You need to take 2 types of tablets on different days.

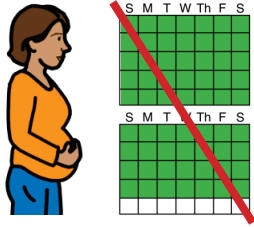


The tablets make you cramp and bleed from your vagina.



It can bleed and hurt more than your usual **period**.

A period is when you bleed from your vagina every month.



You **cannot** have a medication abortion if you have been pregnant for longer than 9 weeks.

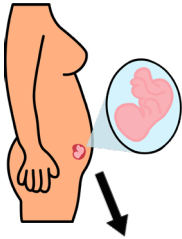


You can have someone go with you for support when you have a medication abortion.

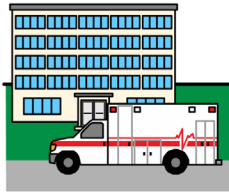
2 Surgical abortion



Surgical abortion means you end a pregnancy with an operation.



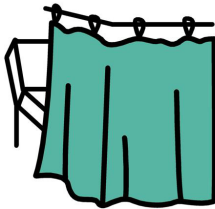
The doctor uses medical tools to take out the pregnancy through your vagina.



A surgical abortion happens in

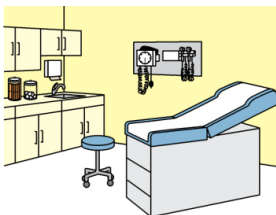
- a hospital

or

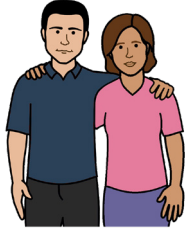


- a surgical theatre

or



- a clinic.



You can have someone go with you for support when you have a surgical abortion.

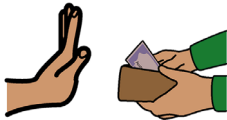


A surgical abortion is done under an **anaesthetic**.

Anaesthetic is a medicine that doctors use in a medical procedure so you **cannot** feel any pain.

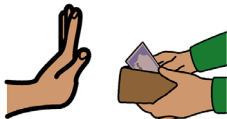
Where you can get a medication abortion

MSI Australia



You can get a medication abortion for free at a clinic called MSI Australia.

GP Clinics



Some **GP clinics** in the ACT can also give you a medication abortion for free.



A GP clinic is a place where you go to see a doctor for different types of health problems.



You can go to this website to find a service.

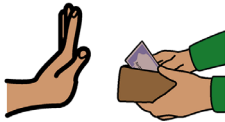


Website

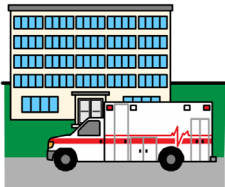
mypregnancyoptionsact.org.au/Find-a-service

Where you can get a surgical abortion

MSI Australia



You can get a surgical abortion for free at a clinic called MSI Australia.



You might need to go to Canberra hospital to have a surgical abortion after 12 weeks.



You must call MSI Australia to check where an abortion can happen after 12 weeks.



You can go to this website to find a service.



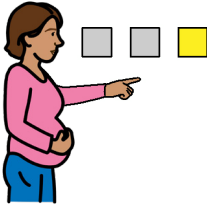
Website

mypregnancyoptionsact.org.au/Find-a-service

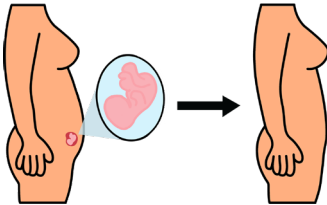
Your right to choose



Rights are things the law says everyone should have.



You have the right to make your own choices.



You can choose to have an abortion if you do **not** want to be pregnant.



You can choose to have an abortion even if your partner does **not** know you are pregnant.



No one can make you have an abortion if you **do** want to be pregnant, for example

- a doctor



- a support worker



- a family member.

Another way to get help



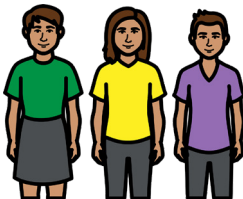
There is a free support service you can call to help you decide if you want to have an abortion.

Sexual Health and Family Planning ACT (SHFPACT)

Pregnancy Options Counselling Service.



For information, counselling and support about pregnancy for women and **gender diverse** people.



Gender diverse means your gender does **not** fit what people usually expect men or women to be like.

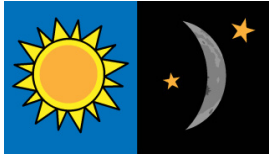


Call 02 6247 3077



Website shfpact.org.au

Support services



There are free support services you can call

- any time of day or night



- any day of the week.

Lifeline



Call 13 11 14

13 YARN



For First Nations people of all ages.



Call 13 92 76

1800 RESPECT



Call 1800 737 732



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More information

For more information contact
Women's Health Matters.



Call 02 6290 2166



Website

mypregnancyoptionsact.org.au



Email

reproductivehealthfund@
womenshealthmatters.org.au



You can read more about pregnancy and your
choices in our other books.

If you need help with English



Use the free Translating and Interpreting Service or TIS to make a phone call.

You can call the TIS in your language.



Call 131 450

Give the TIS officer the phone number you want to call.

If you need help to speak or listen



Use the National Relay Service to make a phone call.

You must sign up to the service first.



Website accesshub.gov.au/nrs-helpdesk



Call 1800 555 660

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