

To find out more or arrange an initial appointment, contact us.

24 hour answerphone:

01444 233333

Because we are unable to refer clients directly for an abortion, you can be sure of impartial advice.

info@havencentre.org.uk

54A Church Road, Burgess Hill, RH15 9AE



Scan to visit website



www.havencentre.org.uk



Registered Charity 1094932

Our service is free and confidential, available to men as well as women, and you can be seen individually, as a couple or in a group setting, where appropriate.

We accept self-referrals as well as referrals from GPs and other professionals.

Our volunteer advisors are specifically trained and we follow the BACP (British Association for Counselling and Psychotherapy) code of ethics and practice.



Unexpectedly pregnant or struggling following an abortion?



www.havencentre.org.uk



Registered Charity 1094932

the HAVEN

unplanned pregnancy • post-abortion support & education

Registered Charity 1094932

The Haven is a safe place offering information and support for **unplanned pregnancy, post abortion and pregnancy loss.**

Unplanned or Complicated Pregnancy

Unexpectedly pregnant and you don't know what to do? You and your partner have **different feelings about your pregnancy?** You have been given a prenatal diagnosis of a **foetal abnormality?**

These situations can cause shock, worry and confusion and it can be difficult to know where to turn.

The Haven offers:

- Information on available options
- Unpressured space to talk through your concerns and feelings
- Free, confidential, non-judgmental and non-directive support from our trained advisors to help you make the decision that is best for you
- Free pregnancy tests

"I was nervous before my appointment at The Haven, but the space is so calm and the advisor was so welcoming that my nerves quickly passed."

Post Abortion

Following a termination, women vary in their responses, and their feelings may also change over time. There is often a sense of relief, but for some women this may be followed by difficult feelings including **sadness, loss and regret.**

If you are experiencing emotional issues following a termination, help is available.

The Haven offers:

- Free, confidential support from a trained advisor
- Space to talk through your feelings and experiences, whether recent or long ago
- A supportive and sensitive step-by-step recovery programme, helping you to work through the past and move forward

*"Thank you, this has changed everything for the better, replacing despair with hope."
(Male client)*



Pregnancy Loss

Experiencing a miscarriage or stillbirth can leave you feeling **overwhelmed with grief** while also feeling **lonely and isolated.**

The Haven offers:

- A safe place for any bereaved parent who has lost a baby at any stage of pregnancy or at birth
- Free, confidential, support from a trained advisor to help you talk through your experiences and feelings
- A structured approach to help you work through your grief and begin to move forward

"I felt like I was drowning after we lost our baby and my sessions at The Haven were my life raft... It has given me my life back."

