

Facing an Unexpected Pregnancy – Questions and Concerns

Women who find themselves facing an unexpected pregnancy are often overwhelmed with a multitude of questions and concerns, including:

- Am I ready for this?
- Do I have a good support system?
- How will I pay my medical expenses?
- Can I afford to raise a child?
- Will I be able to provide the life I want for my child?
- Will I have enough time? Money? Support?
- I want my baby to have a stable family with both a mother and a father
- What about my goals? School? A job? Travel? Moving up?
- Do I have problems that could affect my child? Drugs? Alcohol?
- What is best for the baby?

The psychological tolls

In addition to the worry and the concern when dealing with an unplanned pregnancy, many women experience high levels of anxiety, stress and depression. Many feel they have no one to confide in, to discuss their situation or to help them make the best decision for both themselves and their unborn child.

You do not have to face these questions alone

Lutheran Counseling and Family Service has therapists who can assist you confidentially with issues such as depression, anxiety, grief, guilt, substance abuse, or pressures from others. They will help you assess your strengths and show you the techniques to use to help you make important decisions. LCFS provides you with education, counseling, and help locating resources so that you can make the best decision for yourself and your child. We will work with you from the day you find out you are pregnant through the birth of your child.