

Getting in touch

Phone: 020 8892 8483. If we can't take your call, please leave a message and we will call you back within 24 hours.

In person: Visit our Centre, phone to make an appointment or use the link from our website to **contact us:** www.crosswaypregnancy.org.uk

Alternatively, you can find your local centre on the CareConfidential website (a national network of centres such as ours) at www.CareConfidential.com or even chat with an on-line advisor if you prefer.

How to find us

Address: The Crossway,
306 Richmond Road,
Twickenham, TW1 2PD.

Directions: Rail: a short walk from St Margaret's rail station or 15–20 minutes walk from Richmond station
Bus: buses 33, 490, H22, R70, R68, from Richmond or Twickenham stop outside The Crossway. H37 from Hounslow stops outside Poplar Court on St Margaret's Road. We are in The Crossway building beside St Stephen's Church – entrance is via a small gate, which has a sign for the Centre.



Pregnant?



**Not sure you
want to be?**

**Free, confidential
support in
pregnancy crisis**

www.crosswaypregnancy.org.uk

Phone: 020 8892 8483

Text: 07776 482350

Unplanned pregnancy

Finding out that you're pregnant when you hadn't planned to be can be very stressful.

1. Being sure

The first thing to do is to find out for sure by doing a pregnancy test. A positive result is almost always correct. A negative result may not always be accurate, so you should do another test a week later to be certain. You can visit us for a free pregnancy test.

2. Deciding what to do

Your next step is to decide what to do about the pregnancy. This can be very difficult, and it helps to have as much support as possible during this time. Often support comes from your



partner, family and friends; however, you may feel you have no-one to confide in. Our Centre can help. It may also be easier for you to talk with someone who is not connected to your situation, who can offer clear information and the unbiased support you need.

3. Who can you talk to?

We are trained to listen carefully to you, and help you to talk about how you feel. We can help you with information about your options and next steps.

We provide as much time as you need, and you can visit us a number of times. We will support you whatever your decision, with help during your pregnancy, or after abortion.

All our services are free and confidential

Our service is unbiased. We will not offer advice or an opinion on what you should do in the case of an unplanned pregnancy.

We are here to support you through this difficult time, whatever path you choose to take.

“ I wanted to thank Crossway for helping me make one of the toughest decisions of my life. Your Centre, and the kindness of your staff made more difference to my life than you can ever imagine. ”