



NATIONAL  
SAFE HAVEN  
ALLIANCE

# I'M PREGNANT!

## What do I do now?

### GIVE US A CALL OR TEXT

There are kind and caring staff available to direct you to the resources you need and answer all of your questions. Always 100% confidential!



Call or text us at  
**1-888-510-BABY(2229)**



### PREGNANCY SUPPORT

There are local pregnancy resources and support centers. These places can assist with ultrasounds, parenting programs, and local community resources available.

Call us to find your local resources.  
**1-888-510-BABY(2229)**

### YOUR OPTIONS

There are many options available for you to choose from including parenting, temporary placement, adoption, and Safe Haven. Please see the back of this card for more details and call:  
**1-888-510-BABY(2229)**

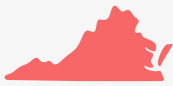


### HOME DELIVERY

It is important for you and the infant to receive medical attention. There are risks, health issues, and dangers in out-of-hospital delivery. Please call 911 to receive emergency medical attention. If you are delivering the baby alone, please visit  
<https://tinyurl.com/emergbirth>

**1-888-510-BABY (2229)**

**WWW.NATIONALSAFEHAVENALLIANCE.ORG**



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# WHAT ARE MY OPTIONS?

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## **PARENTING\***

If you want to speak with someone about parenting, our hotline staff will connect you with local pregnancy resources and support centers. These places can assist with ultrasounds, parenting programs, and local community resources available in your area. Please call us to find your nearest center.

**1-888-510-BABY(2229)**



## **TEMPORARY PLACEMENT\***

Temporary placement is a short-term solution for parents in need who are not looking to surrender their child. Temporary placement options support children of all ages and help keep families together. This may include family placement. Please call **1-888-510-BABY(2229)** for more information.



## **ADOPTION\***

NSHA uses a rotating list of adoption agencies and we are able to connect you with an agency anywhere in the county. We can also answer any questions you may have, discuss the adoption plans available to you, and help you choose the best option that fits your situation. Call us to find out more information.

**1-888-510-BABY(2229)**

## **SAFE HAVEN**



NSHA's 24/7 hotline staff can discuss options and share the nearest Safe Haven locations to you. Please call or text

**1-888-510-2229** to learn more.

VA Safe Haven Laws allow a parent to safely surrender their unharmed infant up to 30 days old or younger to a staff member at a hospital that provides 24-hour emergency services, an attended Emergency Medical Services (EMS) agency that employs emergency medical personnel such as some fire stations or rescue squads, or a newborn safety device located at and operated by such hospital or emergency medical services agency.

\*THESE ARE SERVICES THAT NSHA PROVIDES, NOT THE STATE OF VIRGINIA, NOR ARE THESE PART OR PROVISION OF THE VIRGINIA SAFE HAVEN LAW.