

Affected by abortion?

For some people abortion is an experience which becomes a painful part of their lives, even if they felt they were making the right decision at the time. If this is you, Choices can offer you support.

Talk to someone

020 7700 4475

'Felt completely understood and listened to...
helped me make sense of my feelings'
– Choices client

What support is available?

For women and men troubled by a past abortion we offer a 12 step counselling programme called 'Time to Heal'. Please contact us for more details.

Our team

We have 25 years combined experience in responding to unplanned pregnancy and post abortion concerns. Our team are trained counsellors who treat every client with compassion, integrity, respect and trust. Above all we always maintain the integrity of our client relationships, meaning every case is confidential and handled discreetly.

What our clients say

'I found it very helpful to talk through my feelings about my pregnancy when I didn't feel I was ready to talk to friends and family.' — *Choices client*

'The time, commitment and professionalism of the counsellors is fantastic.' — *Choices client*

Contact

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Opening times

Monday to Friday 10.00–16.00
Please contact us for an appointment

