

I AM
PREGNANT
AND COMPLETELY
OVERWHELMED.
*ready to face
this challenge head on.*

One call that makes all the difference.

☎ 0800 40 40 020



Federal Ministry for
Family Affairs, Senior Citizens,
Women and Youth



The **Pregnancy Emergency Hotline** is here for you when your pregnancy becomes a challenge. 24 hours a day, in multiple languages, free of charge, anonymous upon request, and also via email and online chat.

hilfetelefon-schwangere.de/en



Hilfetelefon
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