

# OPTIONS

PREGNANCY  
CRISIS CENTRE

free confidential support for  
unplanned pregnancy, baby &  
pregnancy loss and post abortion

Appointments available in  
Folkestone and Ashford

Tel. 01303 242777

Leave a message and we will  
call you back within 24 hours

[www.optionsfolkestone.com](http://www.optionsfolkestone.com)

email:

[optionsfolkestone@outlook.com](mailto:optionsfolkestone@outlook.com)

01303 242777



## Abortion Recovery Care and Helpline



Do you need help after  
an abortion experience?

CALL US TODAY ON OUR HELPLINE

**0845 603 8501**

Office Hours and 7pm - 10pm (7 evenings per  
week) All calls charged at local rates

[www.archtrust.org.uk](http://www.archtrust.org.uk)

A Project with Registered Charity No's 1143342 (England and Wales) SCO43441 (Scotland)