

Do you feel alone?

We're here for you.

An unplanned pregnancy can change everything – and cause fear, insecurity or desperation. Maybe you're thinking about abortion or feel trapped. You are not alone. The Swiss Aid for Mother and Child (SAMC) will support you with advice and concrete help.

How we can help you:

- **Discreet counselling:** free of charge, around the clock, during a pregnancy or after a birth
- **Financial and material support:** free help, so you can breathe again
- **Legal support:** Answers about motherhood, a job, your child's rights, determining paternity, and child-support payments etc.

Learn more about the ways we can help:



shmk.ch



pro
lonna



Don't hesitate. Call now.
No need to stay alone.



**Swiss Aid
for Mother and Child (SAMC)**
Jurastrasse 2, Post-office box
CH-4142 Münchenstein

0800 811 100

E-mail: helpline@shmk.ch

Donations: CH34 0900 0000 4003 0000 7

To donate via camera and Twint:



For more information:
www.samc-foundation.ch . www.babyfenster.ch
www.save-my-baby.ch

Unexpectedly Pregnant?

HELP!

We listen. We help.



Your Questions – our Support:

- Financial concerns? We'll help you through them.
- Problems with a relationship? We'll listen to you.
- Questions about your job or studies? We'll find the answers.
- Single parent and overwhelmed? We're on your side.
- Unsure about a prenatal diagnosis? We'll accompany you.



About us

The SAMC is a non-profit foundation that supports women, couples and families during a pregnancy or after a birth. Our trained professionals offer:

- free help, without any red tape
- discreet and competent counselling
- support any time, around the clock

Contact us now –
we'll help you find a way.

- ♥ Information
- ♥ Counselling
- ♥ Help

Our trained professionals from social services and medical fields will gladly advise you, free of charge and without red tape, any time, discreetly and competently.



Swiss Aid
for Mother and Child

Pregnant and Worried?

We offer, free of charge, counselling and concrete help to women, couples and families who are having difficulties due to a pregnancy or birth.

0800 811 100

We'll find
a way,
together.

We are here
for you:

helpline@shmk.ch

