

1800
my options



**Ask us about
abortion,
contraception,
and sexual health.**

KNOW YOUR OPTIONS.



1800 My Options provides information about contraception, unplanned pregnancy options, abortion, and sexual health in Victoria.

We run a free, confidential, pro-choice phone line and online service.

Find health services

We'll help you find:

- Surgical and medical abortion clinics
- Contraceptive IUD and implant services
- STI and CST screening
- Pregnancy Options Counselling

We can find services to suit your needs (eg location, budget and language).

Contact us



1800 696 784

Weekdays, 9am - 5pm
Webchat 9am - 4:30pm

1800myoptions.org.au
info@1800myoptions.org.au

Interpreter: 13 14 50
We welcome calls through the National Relay Service.



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