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.

1800 my options

Women's Health Vic

VICTORIA State Government

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