

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](https://hilfetelefon-schwangere.de/en)



**Hilfetelefon**  
Schwangere in Not