

# Pregnant? Need to talk? We're here to listen.

pregnancy

parenting

abortion

adoption

making **connections**

encouraging **conversation**

providing **support**

## 1.888.493.0092

Monday - Thursday: 5:00 p.m. - 10:00 p.m. PST; 8:00 p.m. - 1:00 a.m. EST

Friday - Sunday: 10:00 a.m. - 3:00 p.m. PST; 1:00 p.m. - 6:00 p.m. EST

*Translators available in over 150 languages.*

We know that making decisions about pregnancy, parenting, abortion and adoption may take time and may be difficult.

We know that it sometimes feels like there's not just one decision, but so many things to think about.

We know that sometimes, you just need someone to talk to.

Backline is confidential and free, and our Advocates are here to listen.

[www.yourbackline.org](http://www.yourbackline.org)

# backline

pregnancy • parenting • abortion • adoption

listen

talk

laugh

counsel

inform

cry

think

process

decide

question

learn

change

strengthen

choose