

PREGNANCY HELP IN WASHINGTON

Women have a network of pregnancy support ready to help them choose life.

Top-line messaging:

"We stand ready to serve women so that no woman feels alone, coerced, or so hopeless that she ends her child's life through abortion."

"Pregnancy Help Organizations have served women free of charge for decades and will continue to love and serve the women and children of our state."

What is a Pregnancy Help Organization (PHO)?

- **Pregnancy Help Organizations** include many different service providers which support women wherever they are in their pregnancy journey and beyond. Those groups include:
 - **Pregnancy Help Centers** (PHC) fall into two categories.
 - **Pregnancy Resource Centers** (PRC) are non-profit organizations established by pro-life supporters that work to assist women who have an unexpected pregnancy.
 - **Pregnancy Medical Centers** (PMC) additionally provide limited medical care, from pregnancy tests and ultrasounds to prenatal care and STI/STD testing.
 - **Maternity Homes** are a form of supportive housing provided to pregnant women that support a woman in need of a stable home environment to reach her goals in a variety of areas including education, employment, financial stability, prenatal care, and more.
 - **Support Services**, which include life-affirming nonprofit adoption agencies, abortion recovery programs, and pregnancy support services.

How do Pregnancy Help Centers serve women?

Pregnancy Help Centers offer non-judgmental pregnancy consultation and support for those who are facing an unexpected pregnancy with education and information on pregnancy, adoption, abortion, sexually transmitted infections (STIs/STDs); services, and referrals for ongoing needs.

National Pregnancy Help Numbers:¹

- In 2022, there were **3,834 dedicated pregnancy help locations** in the U.S.
- **2,836,300 total in-person U.S. client visits** at Heartbeat International affiliate pregnancy help organizations, in 2022.
- **Nearly 49,000 active volunteers** serve at pregnancy help centers throughout the U.S.

Life-Affirming Pregnancy Help Numbers in Washington:

- **71 Pregnancy Help Organization Locations**
 - 17 Pregnancy Resource Centers
 - 40 Pregnancy Medical Centers
 - 7 Maternity Homes
 - 7 Support Services

¹ <https://www.heartbeatinternational.org/lifetrends>