

# Support and advice for women experiencing difficult pregnancies

INFORMATION ON AVAILABLE RESOURCES



**The professionals at the Women & Children Department can help you. Call us! 027 603 85 18**  
If necessary, this call can be kept confidential.



## INTRODUCTION

You are pregnant and do not know what to do.

You are desperate because you are living in difficult circumstances.

You need advice and help for other reasons, such as:

- Conflicts with your partner, parents or family
- Unstable financial and/or social conditions
- Domestic violence (rape, beating, threats, etc.)
- Addiction (drugs, alcohol, etc.)
- Problems with your legal status
- Not sure if you are pregnant?
- Considering adoption
- Teen pregnancy
- Difficult experience with pregnancy
- Support after losing a baby
- Confidential childbirth

## WHICH SERVICES CAN HELP IN CASE OF A DIFFICULT PREGNANCY?

Together, we'll find solutions. We'll guide you through your choices, your pregnancy, birth and what comes after.

During this difficult time, we encourage you to seek support. There are services that can provide guidance and advice. Contact one of the following organisations, anonymously if you wish.

### **Advice from midwife consultants – T 027 603 85 18 (Sion Hospital)**

They are available for in-person and phone consultations on Wednesdays, Thursdays and Fridays. The conversation is confidential, non-medical and free. It allows you to discuss your pregnancy-related worries and concerns, to research the best solutions for your situation and to get help with decision-making. The consultations are aimed at pregnant women in vulnerable situations:

- Difficult experience with pregnancy
- Domestic violence (hitting, etc.)
- Unstable financial and/or social conditions...
- Addiction (drugs, alcohol, etc.)
- Emotional issues
- Social isolation
- Confidential childbirth
- Teen pregnancy

### **Midwife consultation – T 027 604 24 85 (Visp Hospital)**

They are available for consultations over the phone every day and in person on Tuesdays and on Friday afternoons. The midwives of Visp Hospital guide pregnant women through pregnancy, birth and the post-partum stage. They offer specific and personalised consultations at the beginning (1st trimester) and the end (last trimester) of pregnancy.

**SIPE – Sexuality Information Prevention Education – [www.sipe-vs.ch](http://www.sipe-vs.ch)**

**T 027 323 46 48** (Sion) [sion@sipe-vs.ch](mailto:sion@sipe-vs.ch) **T 027 455 58 18** (Sierre) [sierre@sipe-vs.ch](mailto:sierre@sipe-vs.ch) **T 027 722 66 80** (Martigny) [martigny@sipe-vs.ch](mailto:martigny@sipe-vs.ch) **T 024 471 00 13** (Monthey) [monthey@sipe-vs.ch](mailto:monthey@sipe-vs.ch) **T 027 923 93 13** (Brigue) [brig@sipe-vs.ch](mailto:brig@sipe-vs.ch) **T 027 473 31 38** (Loèche) [leuk@sipe-vs.ch](mailto:leuk@sipe-vs.ch)

Professionals are at your disposal to calmly consider your situation and explore all possible solutions, confidentially and free of charge.

You will be informed of your right to receive material or financial aid, as well as of the private and public assistance from which you can benefit. If necessary, you will be guided through the administrative and legal steps that must be taken. You will be notified on all adoption-related matters and directed towards the competent bodies in this area.

In order to better help you and guide you according to your needs, whatever your decision, the SIPE centres work together with other professionals in the fields of health and social work.

**OPE – Child Protection Office - T 027 606 48 40** (Sion)

**T 027 606 98 61** (Sierre) **T 027 606 98 31** (Martigny) **T 027 606 98 01** (Monthey)  
**T 027 606 99 50** (Brigue) **T 027 606 99 10** (Viège)

Child protection specialists are available in regional centres to help with any problems for children and families experiencing hardship. These services notably include adoption, emergency placement, support and advice for parents and children.

**SPPEA - Psychiatry and Psychotherapy Service for Children and Adolescents in the French-speaking Valais region - T 027 603 79 10 (Sierre)**

The Child and Adolescent Psychiatry-Psychotherapy Service (SPPEA) provides therapeutic care in the event of psychological suffering or disturbance within the parent-child relationship. UPEA's mission is to provide prevention services, consultations, examinations, expert advice, treatment and training. In particular, this organisation is responsible for:

- Consultation and therapy for psychiatric and psychological issues and ailments (individual, family and group psychotherapy);
- Branch for newborns, pregnancy and children aged 0-18 months.

**Centre of Expertise in Psychiatry and Psychotherapy (CCPP) in the French-speaking Valais region - Adults - T 027 603 84 40 (Sion) T 027 603 63 00 (Martigny) T 027 603 84 70 (Sierre) T 027 604 73 90 (Monthey)**

The four centres of expertise in psychiatry and psychotherapy for the French-speaking Valais region provide comprehensive psychiatric care. In particular, the duties of these centres include: medical appointments, day treatment, medical psychology and organisation of the Valais Peer Support Network.

**Haut-Valais Department of Psychiatry and Psychotherapy  
Adults, adolescents and children: T 027 604 36 50 (Brigue)  
24-hour emergency line: T 027 604 36 50 (Brigue)**

The Haut-Valais Psychiatric Centre (PZO) provides comprehensive psychiatric care. This includes prevention, treatment and supervision of patients experiencing psychological health issues, for all age groups (children, adolescents, adults, elderly people), population groups and diagnostics. The PZO manages acute psychological crises, emergencies (with a 24-hour service) and supervision of chronic illnesses.



## CONTACT INFORMATION

Valais Hospital

**Sion Hospital**

**Women & Children Department**

Av. du Grand-Champsec 80

1951 Sion

Advice from midwife consultants: **T 027 603 85 18**

[www.hopitalvs.ch/en/babybox](http://www.hopitalvs.ch/en/babybox)

### **Direction of Office pour la protection de l'enfant (OPE)**

Avenue Ritz 29

1950 Sion

**T 027 606 48 40**

[ope@admin.vs.ch](mailto:ope@admin.vs.ch)

[www.vs.ch/scj](http://www.vs.ch/scj) [in French]

Hours of operation: Monday to Friday from 8:30 AM to 11:30 AM and from 2:00 PM to 5:00 PM

French: **T 027 606 48 40** (Sion) **T 027 606 98 61** (Sierre)

**T 027 606 98 31** (Martigny) **T 027 606 98 01** (Monthey)

German: **T 027 606 99 50** (Brigue) **T 027 606 99 10** (Viège)