

# For Family and Friends

You may have just found out your partner or loved one is unexpectedly pregnant. Understandably, you may be shocked and confused about the best way to support her in the months ahead.

We don't need to tell you how amazing she is. You know first-hand that she has unique qualities and value - after all, that's one of the reasons you love her. But right now it might be hard to see the wood for the trees, and believe that there is hope in this situation. It might be hard to imagine what an appropriate choice would be - one that values the lives of both your loved one and her baby.

If that's how you're feeling, then imagine how much more your loved one needs the support and encouragement of people in her life like you. Whilst Embrace can offer a new network of friends to support her as she navigates the way ahead, your belief in her is even more important. You are the people who have faced challenging times with her before! Therefore, you already know that she has the strength and courage to take the next step.

Don't give up on her or her baby now when they especially need your support and encouragement. And if you find that you need to talk through your own feelings with people who understand, call one of the pregnancy counseling numbers listed on our [Resources page](#). They will be able to confidentially provide support for you at this time.