



*Ajuda  
de Mãe*

**SOS Grávida**

**808 201 139 21 386 20 20**

2.ª a 6.ª-feira entre as 10 e as 18 horas  
Informações sobre gravidez, parentalidade,  
sexualidade e planeamento familiar

[www.ajudamae.pt](http://www.ajudamae.pt)

Siga-nos no facebook

Rua do Arco do Carvalho, 282  
1350-023 Lisboa

# SOS GRÁVIDA

## Pregnancy Helpline

# The Project

**SOS Grávida is often the first point of contact with Ajuda de Mãe. It is a quick and easily accessible service—available by phone, email, or through our institutional social media channels—offering reliable information and guidance on pregnancy, sexuality, and family planning. The service provides immediate emotional support, clarifies doubts, and helps identify urgent needs or risk situations. In recent months, a growing number of requests for assistance have come from immigrant pregnant women, many of whom arrive without family networks or access to essential services. When necessary, SOS Grávida ensures rapid referral to Ajuda de Mãe’s internal programs or to partner institutions, guaranteeing timely, safe, and compassionate support for every woman who reaches out.**



# Relevant Social Impact

In 2024, 1370 telephone contacts were received, 56 contacts through Facebook and Instagram and 22 by email, most of which were requests for service and the like. In August, the original schedule of 10 am to 6 pm was resumed.