This bachelor thesis deals with the topic of abortion, especially abortion at own request. It defines the term abortion including its legislation in the Czech Republic. It studies international documents which discuss the respect for life. It presents figures of abortions and describes practices of abortions. The thesis denotes intrauterine fetal development. An Important part accounts for discussion between the proponents and opponents of abortions and the summary of philosophical and ethical views on the emergence of human life. This thesis attempts to remind the reader of a negative impact that abortion has on woman physical and mental health. It analyses controversial topics of post-abortion syndrome. The theoretical part emphasizes the importance of existence of alternative options to abortion. The second part examines some specific alternatives to abortion, such as adoption, foster care or assistance of psychologists and Social Services. It refers to the laws dealing with various possible solutions and names organisations that offer their help and participation in this situation. The thesis includes practical recommendations that are available in Havířov. The conclusion the research is conducted, its conclusion was that there are not sufficient alternatives to abortion in Havířov. The research was conducted as semi-structured qualitative interviews between Havířov Socials Services and Hospital Havířov.