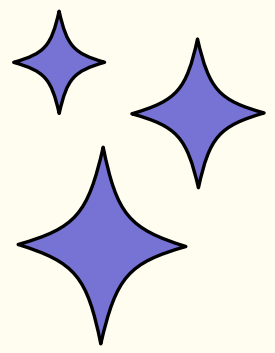
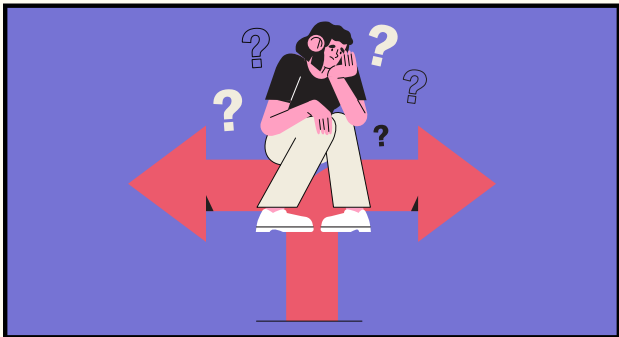


Get Care Get Support Get Love

USE **LINKS** BELOW TO ACCESS RESOURCES



1. GET INFO 2. MAKE APPOINTMENT 3. GET HELP



PREGNANCY OPTIONS

Sometimes it's hard to know what to do. Non-judgmental counseling about your pregnancy options can help.

[ALL-OPTIONS.ORG](https://www.all-options.org)

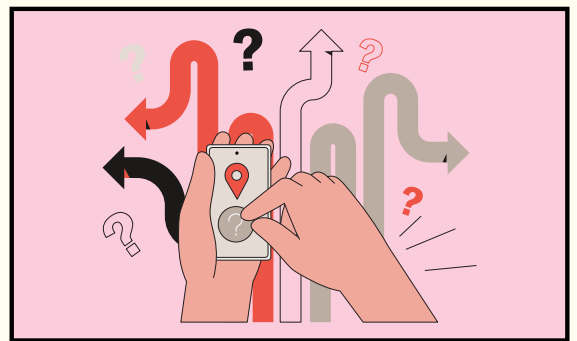
[BIT.LY/PPOPTIONS](https://bit.ly/poptions)

ABORTION OPTIONS

There are different types of abortion care, all are safe. Talk to an abortion provider about options. Using medication abortion at home may be an option, but may involve legal risk in your state.

[BIT.LY/ACOGABORTION](https://bit.ly/acogabortion)

[PLANCPILLS.ORG](https://www.plancpills.org)



GOOD INFORMATION

Get info on abortion care. Learn about laws that may apply in your state. The r/abortion Reddit is moderated by experts.

[REDDIT.COM/R/ABORTION](https://www.reddit.com/r/abortion)

[ABORTIONFINDER.ORG](https://www.abortionfinder.org)

FIND A PROVIDER

If you're getting an abortion, this is your first step. Care may not be available nearby. Searching online may lead you astray. Use a trusted clinic locator and make an appointment.

[INEEDANA.COM](https://www.ineedana.com)

[ABORTIONFINDER.ORG](https://www.abortionfinder.org)



HELP WITH MONEY

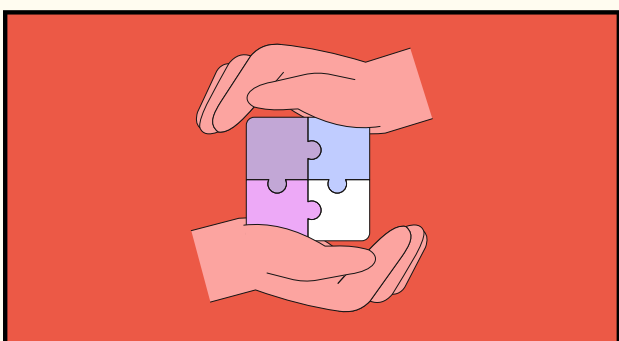
Once you have an appointment scheduled, you can seek funding assistance from abortion funds. Start by asking the clinic what funding resources are available. You can also reach out to funds directly.

[ABORTIONFUNDS.ORG](https://www.abortionfunds.org)

[PROCHOICE.ORG](https://www.prochoice.org)

INSURANCE

Abortion care may be covered by your health insurance. It will depend on your state, your insurance plan, and your circumstances. If your clinic does not accept insurance, reimbursement may be possible with pre-approval from your insurer. Contact your clinic and insurance provider *before getting care* to ask.



HELP WITH TRAVEL, ETC

If you have other needs when accessing abortion care, practical support organizations and abortion funds may be able to help. This may include travel costs, hotels, childcare, etc. Your clinic may be able to connect you, or visit:

[BIT.LY/INAASUPPORT](https://bit.ly/inaasupport)

GET SUPPORT

Most people feel good about their pregnancy decisions. Very few people regret getting an abortion they know they needed. But you may still want to find support, community, or to join advocacy efforts.

[EXHALEPROVOICE.ORG](https://www.exhaleprovoice.org)

