

# Options for Ending Pregnancy

**Abortion is normal, safe, and common!**

**Options become more limited and costly further into pregnancy.**

## How far along is your pregnancy?

First day of last period: \_\_\_\_\_

Gestational age: \_\_\_\_\_ weeks

Visit [AbortionFinder.org](https://AbortionFinder.org) to get accurate info on local gestational age limits & laws.

## Are you under 18 years old?

Has parent/guardian consent

Judicial bypass needed

You can get an order from a judge that allows you to have an abortion without parental notification or consent. Learn more: [INeedAnA.com/Blog/A-Teen-s-Guide-to-Accessing-Abortion](https://INeedAnA.com/Blog/A-Teen-s-Guide-to-Accessing-Abortion)

## What kind of abortion do you want?

Medication: A doctor provides abortion pills (misoprostol alone or in combination with mifepristone). Available up to 11 weeks.

Procedural: A doctor provides abortion in a clinic.

Visit [AbortionFinder.org](https://AbortionFinder.org) for info about costs, gestational age limits, & laws in your area. Visit [AbortionFunds.org](https://AbortionFunds.org) and [INeedAnA.com](https://INeedAnA.com) to find funding & support.

## What other expenses do you need to plan for?

- Gas money
- Transportation
- Lodging
- Wage replacement
- Food assistance
- Child care

## Do you know where the nearest abortion providers are?

---

---

---

---

---

---

## Do you have the emotional support you need?

How will your family & friends react to your decision? If you have other children, how will your decision affect them?

[All Options Talkline](https://AllOptionsTalkline.org) is a free counseling support network for anyone at any stage in or after pregnancy. Call [\(888\) 493-0092](tel:(888)493-0092).

## Do you have other needs?

- Birth Control
- Emergency Contraception
- Substance Use
- Testing or Treatment for HepC/HIV/STIs
- Intimate Partner Violence
- Sexual Assault
- Translation Services



[providecare.org](https://providecare.org)

# Options for Continuing Pregnancy

Start prenatal care as soon as possible to screen for and manage potential risk factors.

## Do you have a prenatal care provider(s) you trust?

Doula  Midwife  OB/GYN

---

---

---

---

---

---

## Do you know what birthing options are available in your area?

Vaginal  Cesarean  
 In Home  In Hospital  
 Medicated  Unmedicated

## Do you have the emotional support you need?

How will your family and friends react to your decision? If you have other children, how will your decision affect them?

**All Options Talkline** is a free counseling support network for anyone at any stage in or after pregnancy. Call **(888) 493-0092**.



providecare.org

## Adoption

Do you know what adoption option you want to pursue?

Will your family and/or partner support your pregnancy through adoption?

Adoption Options:

Agency  Lawyer (Private)  
 Closed  Open  Familial

## Parenting

How important is it to have another person help parent with you?

Will your family and/or partner be able to help raise the child?

What costs do you need to consider?

Other Resources to Consider:

Community support (new parent groups, lactation support, trauma and healing support groups)  
 Childcare resources  
 Financial support available to parents  
 Child development education classes or resources

## Do you have other needs?

Birth Control  
 Emergency Contraception  
 Substance Use  
 Testing or Treatment for HepC/HIV/STIs  
 Intimate Partner Violence  
 Sexual Assault  
 Translation Services