

ABORTION RESOURCES





Where to get pills online	Plan C Pills <i>PlanCPills.org/guide</i>
Find a brick and mortar clinic* <i>*Don't rely entirely on Google to find a clinic!</i>	I Need an A <i>Ineedana.org</i> Abortion Finder <i>AbortionFinder.org</i> National Abortion Federation <i>prochoice.org</i>
Cyber security info	Digital Defense Fund <i>digitaldefensefund.org/learn</i>
Medical questions during at home miscarriage/abortion	Miscarriage and Abortion Hotline <i>MAHotline.org</i>
Legal questions	Repro Legal Helpline <i>reprolegalhelpline.org</i>
Find an abortion doula	DOPO Co-op <i>wearadopop.com</i>
Judgement-free all options counseling	All Options <i>all-options.org</i>
Emotional support during medication abortion	Reprocare <i>reprocare.com</i>
Emotional support after your abortion check	Exhale ProVoice <i>exhaleprovoice.org</i> Connect & Breathe <i>connectandbreathe.org</i>
Help with practical support (transportation, childcare, etc.)	Apiary Collective <i>apiarycollective.org/pso-list</i>
Funding for your abortion	National Network of Abortion Funds <i>abortionfunds.org</i>

Know Your Options: Emergency Contraceptives

(Birth control that works after sex)





Copper IUD



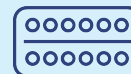
-  Use within 5 days
-  Almost 100% effective
-  Placed in the uterus by a health care provider. Keeps working as very effective birth control.
-  Get it from a health care provider. Say it's for "EC" to get scheduled quickly.





LNG 52 mg IUD



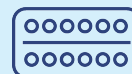
-  Use within 5 days
-  Almost 100% effective
-  Placed in the uterus by a health care provider. Keeps working as a very effective birth control for up to 7 years.
-  Get it from a health care provider. Say it's for "EC" to get scheduled quickly.





"Plan B One-Step" or a generic



-  Use ASAP! Works better the sooner you take it, up to 3 days.
-  May be less effective if over 165 pounds. Consider "ella" or an IUD.
-  Take the pill(s) as soon as you get it. Remember to use it every time you have unprotected sex.
-  Get it from a pharmacy, no prescription needed. Get an extra pack for future emergencies.

"ella"



-  Use ASAP! Works better the sooner you take it, up to 5 days.
-  May be less effective if over 195 pounds. Consider an IUD.
-  Take the pill as soon as you get it. Remember to use it every time you have unprotected sex.
-  Get it from a health care provider. Get an extra pack for future emergencies.

Have questions about birth control? Speak with our experts and book an appointment by calling 1-800-230-7526.



Don't forget.
Take a Picture.

Know Your Options: Birth Control



Planned Parenthood Southeast, Inc.

There are lots of different birth control options.
We're here to help you figure it all out.

Low Maintenance



Implant

99% Effective | \$0-\$1,300
5 Years



IUD

99% Effective | \$0-\$1,300
3-12 Years

Permanent



Sterilization (Tubal Ligation)

94% Effective | \$0-\$6,000
For Life



Vasectomy

99% Effective | \$0-\$1,000
For Life/Until Reversed

Use on a Schedule



Shot

94% Effective | \$0-\$150
3 Months



Vaginal Ring

91% Effective | \$0-\$200
Monthly



Patch

91% Effective | \$0-\$150
Weekly



Pill

91% Effective | \$0-\$50
Daily

Lifestyle



Fertility Awareness

76-88% Effective | \$0-\$20
Daily



Withdrawal

78% Effective | \$0
Every Time



Breastfeeding as BC

98% Effective | \$0
Every Time



Outercourse + Abstinence

100% Effective | \$0
Every Time

Use Every Time



Condom

85% Effective | \$0-\$2
Every Time



Internal Condom

79% Effective | \$0-\$3
Every Time



Diaphragm

88% Effective | \$0-\$75
Every Time



Sponge

76-88% Effective | \$0-\$15
Every Time



Spermicide & Gel

72 or 86% Effective | \$0-\$270
Every Time



Cervical Cap

71-86% Effective | \$0-\$90
Every Time

All of these birth control options can be prescribed by your provider
or discussed with your local pharmacist.

