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Resources/Hotlines/Websites:

Includes information on abortion pills, reproductive rights, abortion services, and other relevant information

History of Roe vs Wade, which led to the right to an abortion being constitutionally protected:

- https://www.nationalgeographic.com/history/article/roe-v-wade-the-tumultuous-history-that-led-to-the-landmark-ruling
- https://www.plannedparenthood.org/files/3013/9611/5870/Abortion_Roe_History.pdf
- https://www.aclu.org/other/aclu-history-roe-v-wade-era

Article from NYT (5/4/2022) on Trigger Laws:

- https://www.nytimes.com/2022/05/04/us/abortion-trigger-laws.html

Reproductive Legal Hotline:

- https://www.reprolegalhelpline.org/
- https://www.reprolegalhelpline.org/sma-know-your-rights/

Shout Your Abortion:

- https://shoutyourabortion.com/abortion-pills/

Planned Parenthood:

- https://www.plannedparenthood.org/learn/abortion/the-abortion-pill/how-do-i-get-the-abortion-pill

Holler Health Justice

BIPOC, Queer-led nonprofit in West Virginia serving the Appalachia area

- https://www.hollerhealthjustice.org/free-emergency-contraception
- https://www.hollerhealthjustice.org/about
- https://www.hollerhealthjustice.org/programs-and-services

I Need An A:

Resource to help find abortion care near you (or as near as possible)

- https://www.ineedana.com/

Abortion Clinics Online:

First and largest internet directory for abortion clinics worldwide; can filter by city, state, services, or sort alphabetically

- https://www.abortionclinics.com/
- 800-455-8130

National Abortion Federation:

Search for clinics that provide abortions after the 10-week mark

- https://prochoice.org/patients/naf-hotline/
- 1-877-257-0012

Suicide Prevention Lifeline:

- https://suicidepreventionlifeline.org/
- 1-800-273-8255

Trevor Project Lifeline (for LGBTQIA+):

- https://www.thetrevorproject.org/get-help/
- Call: 1-866-488-7386
- Text: "Start" to 678-678

Call Blackline

Peer support and counseling prioritizing BIPOC, with an LGBTQ+ Black Femme Lens
No non-consensual active rescue (calling 911, emergency services, or law enforcement)

- Call or text: 1-800-603-5841
- https://www.callblackline.com/
- Also available on the App Store and Google Play

Trans Lifeline (Available in English, Spanish)

Run by and for Trans people
No non-consensual active rescue (calling 911, emergency services, or law enforcement)

- Call (U.S.): 1-877-565-8860
- Call (Canada): 1-877-330-6366
- Hours: Monday - Friday 1PM-9PM EST
- https://translifeline.org/hotline/#faq

Wildflower Alliance Peer Support Line

No non-consensual active rescue (calling 911, emergency services, or law enforcement)

- Call: 1-888-407-4515
- Hours: Monday-Thursday 7PM to 9PM EST; Friday-Sunday 7PM-10PM EST
- https://wildfloweralliance.org/peer-support-line/

StrongHearts Native Helpline (24/7)

Culturally-appropriate domestic and sexual violence helpline for Native Americans
No non-consensual active rescue (calling 911, emergency services, or law enforcement)
Advocates do not request or record the contact's ID and/or address

- Call 1-844-762-8483 or chat online
- https://strongheartshelpline.org/get-help

Thrive Lifeline (24/7)

Trans led and operated, focusing on people with intersecting marginalized identities
No non-consensual active rescue (calling 911, emergency services, or law enforcement)

- Text 1-313-662-8209
- https://thrivelifeline.org/about

LGBT National Help Center

No non-consensual active rescue (calling 911, emergency services, or law enforcement)
Free and confidential support for LGBTQIA+ people and those with questions about sexual orientation and/or gender identity

- Call National Hotline 1-888-843-4564
- Coming Out Support Hotline 1-888-688-5428
- Youth Talkline 1-800-246-7743
- Senior Hotline 1-888-234-7243

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National Domestic Violence Hotline:

- https://www.thehotline.org/
- 1-800-799-7223

National Sexual Assault Hotline:

- https://rainn.org/
- 1-800-656-4673

Miscarraige + Abortion Hotline:

Support to self-manage an abortion or miscarraige

- https://www.mahotline.org/
- 1-833-246-2632

Exhale Pro-Voice:

Free call and texting service to provide a "listening ear" and support for those who have had an abortion

- 617-749-2948
- *Hours*:
    - Weekdays: 6PM EST - 12AM EST
    - Sat: 4PM EST - 12AM EST
    - Sun: 6PM EST - 10 PM EST

Abortion Hotline:

Emotional support around abortion or pregnancy loss

- https://abortionhotline.org/
- 833-226-7821

All-Options Talkline:

Provides support to those looking to make a decision about a pregnancy, including abortion, adoption, parenting, infertility, miscarriage, and after-abortion

- https://www.all-options.org/
- 1-888-493-0092

R/ChildFree:

For information on Drs in the area who will provide hysterectomies/vasectomies/tubal ligation with little to no issue, especially for people with a uterus

- https://www.reddit.com/r/childfree/

R/Sterilization

For information on Doctors nationwide + Canada who will provide hysterectomies/tubal ligation/possibly vasectomies without issue/playing 'bingo'

- https://www.reddit.com/r/sterilization/comments/ujrmsx/link_to_the_childfree_friendly_doctor_list/?share_id=d3pBYsRQQatBHoSK0_5KD&utm_content=2&utm_medium=ios_app&utm_name=ioscss&utm_source=share&utm_term=1

Spreadsheet from @PagingDrFran on TikTok

- Gynecologists who will perform a tubal sterilization

R/AuntieNetwork:

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Dedicated to providing information and resources to those in need of abortion services

- https://www.reddit.com/r/auntienetwork

Inclusive Therapists

Culturally responsive, 2SLGBTQ+ affirming therapists

- https://www.inclusivetherapists.com/

Sweet Evening Breeze

Louisville, KY-based organization committed to Louisville's LGBTQ+ young adults, 18 to 24 years of age, experiencing homelessness

- https://sweeteveningbreeze.org/
- Call 502-690-4003
- Drop in services available 10AM-4PM (except Wednesdays - appointment only)
- Address: 801 Barret Ave STE 211, Louisville, Ky 40202
- Also offer a Transgender Peer Support Group for 18+ (which is **not** a substitute for therapy or psychological help)
    - https://docs.google.com/forms/d/e/1FAIpQLSe3BsPvzAs7h9Sd299-0zG_mzR6FMXKnweLo4eE_rnj9Imyag/viewform

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Plan B pills/Emergency Contraception:

More info about generic Plan B pills can be found here:

- https://www.nurx.com/faq/is-there-a-generic-version-of-plan-b/
- https://www.plannedparenthood.org/learn/morning-after-pill-emergency-contraception/which-kind-emergency-contraception-should-i-use *

Free Plan B in **Jeffersonville**, **IN**:

From a trusted friend, all you have to do is ask an employee and they will give it to you

- Bad Cat Boutique: 248 Spring Street, Jeffersonville IN 47130
- Close Enough Cafe: 250 Spring Street, Jeffersonville IN 47130
- The Alcove: 246 Spring Street, Jeffersonville IN 47130

Free Plan B/Emergency Contraception in **Louisville, KY:**

From a trusted friend, it is either in the bathroom or ask an employee

Full Stop Station on E. Catherine Street has free HIV tests and condoms in the bathroom

- Kentucky Health Justice Network: 900 S. Shelby St, Louisville KY 40203
    - On the corner of Shelby and Kentucky
    - Use their side door
    - Also provides condoms, contraceptives
- Bean Coffee: 1138 Goss Avenue, Louisville KY 40217
    - *Call ahead - may be unable to get supply due to COVID-19 and costs*
- CC's Kitchen: 800 S. 4th St, Louisville, KY 40203
- Trouble Bar: 1149 S. Shelby St, Louisville KY 40203
- Esthetic Edge: 7505 New LaGrange Rd, Ste 100, Louisville KY 40222

- ShopBar: 950 Barrett Ave, Louisville KY 40204

Amazon:

- https://www.amazon.com/Levonorgestrel-Emergency-Contraceptive-Tablet-Compare/dp/B07RZMG6ZM/ref=sr_1_5?crid=ZPO8G5P7P41N&keywords=plan%2Bb%2Bgeneric%2Bbrand&qid=1656081965&sprefix=plan%2B%2Caps%2C249&sr=8-5&th=1
- https://www.amazon.com/Emergency-Contraceptive-Tablet-Compare-One-Step/dp/B00NKMY5E2/ref=sr_1_2?keywords=my+way+emergency+pill&qid=1656082298&sprefix=my+way+%2Caps%2C123&sr=8-2
- https://www.amazon.com/My-Choice-Emergency-Contraceptive-Tablet/dp/B01N1UOMJ9/ref=sr_1_3?keywords=new+day+emergency+pill&qid=1656082465&sprefix=new+day+emerg%2Caps%2C96&sr=8-3

Nurx: offers Ella and generic Plan B

- *Info about nurx*: https://www.nurx.com/team/
- *Pill*: https://www.nurx.com/emergencycontraception/

Wisp (online pharmacy with discounted prices; send in your information and symptoms and a Dr will review it and send in the Rx; can also be used to order other medications, not just Plan B):

- https://hellowisp.com/products/plan-b-one-time-shopping?gclid=CjwKCAjwwdWVBhA4EiwAjcYJEFwpykHgHwawCLeYw95lX-QsCWBsw14k8D_GOTCfbJk6-lA5qct2hBoCWLYQAvD_BwE

Stix (similar to Wisp, provides UTI care, morning-after pills, and other health essentials; get 10% off first order by signing up for emails; morning after pill is available WITHOUT a prescription; they also offer a donation bank where people can buy doses for other humans in need; costs $41)

- https://getstix.co/products/restart?variant=40032321273899

HeyFavor (similar to Wisp, provides BC and EC):

- https://heyfavor.com/sexual-wellness

CostPlusDrugs (similar to Wisp, provides "women's health" medication - currently stocked with generic Monistat)

- https://costplusdrugs.com/medications/categories/women's-health/

Costco $6 behind the Pharmacy counter

- **Membership not required to use the Pharmacy**

Abortion Pills:

Info about the abortion pill:

- https://www.plannedparenthood.org/learn/abortion/the-abortion-pill/how-do-i-get-the-abortion-pill
- https://shoutyourabortion.com/abortion-pills/

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How to Use Abortion Pill (database of information to support those who use the abortion pill, resources, etc):

- https://www.howtouseabortionpill.org/

Plan C Pills (abortion pills by mail, depending on the state):

- https://www.plancpills.org/

Aid Access (if your state has trigger laws or banned abortion, they can help you access the two pills needed for an at-home, medication abortion up to 12 weeks; this is also *doctor-supported*, meaning it is unlikely to be a scam and you will actually get what you need):

- https://aidaccess.org/en/

HeyJane.Co (abortion pills for $249; offers financial assistance, as low as $0 w/ insurance, HSA/FSA, consults with medical providers within 24 hours):

- https://www.heyjane.co/

Choix (serves CO, CA, IL residents; also provides BC, UTI care, other sexual health necessities):

- https://www.mychoix.co/

AbortionOnDemand (serves 22 states; need to provide +pregnancy test; no farther along than 8 weeks pregnant; $239-289; you do NOT have to be a resident of the state you select BUT you need to present in that state for your telemedicine appointment in order to receive the medication):

- https://abortionondemand.org/
- https://abortionondemand.org/faq/

PillsByPost (serves CO, MN, IL, NY residents; $150; no farther along than 11 weeks):
Click "Get Abortion Pills" to fill out their form to ensure you are eligible

- https://pillsbypost.com/our-services
- https://pillsbypost.com/faqs-1

CaraFem (serves 15 states; delivered in 1-3 days; $250-$375)

- https://carafem.org/at-home-abortion-pills/
- https://carafem.org/at-home-abortion-pills/

Women on Web (WoW) (Canadian non-profit serving almost 200 countries by providing abortion pills through mail; request pills for current or future use through their online consultation, which is reviewed by their medical team; prescription within 24 hours, between 70-90Euros; offers financial support/aid)

- https://www.womenonweb.org/en/

Be aware of unregulated online pharmacies. They may seem legit and appealing because of low delivery times if ordering by mail, but most do not offer financial assistance or doctor-support. Meaning if something happens, there is not a doctor on their side to be held accountable or seek consultation from.

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Abortion Financial Assistance

- *State-By-State Financial Support*
- *Response times may vary*

Access Reproductive Justice (CA):

- 1-800-376-4636 (English-speakers)
- 1-888-442-2237 (Spanish-speakers)
- Expect to hear back within 48 hours Monday-Friday

Chicago Abortion Fund (IL):

- 312-663-0338
- Expect to hear back within 24-36 hours

Cobalt Abortion Fund (CO):

- Email support@cobataf.org
- Expect to hear back within 24 hours Monday-Friday

Indigenous Women Rising (all states + Canada):

- Provides funding to Indigenous/Native American people seeking an abortion
- Partner of HeyJane.co
- Must have clinic appointment scheduled in order to receive aid
- Cannot promise funding if within 24 hours of appointment
- 505-398-1990
- https://airtable.com/shrLw8oy9UTIPkpXv

National Abortion Federation Hotline (all states + Canada):

- Multi-lingual
- 1-800-772-9100
- Expect to hear back within 20 minutes during hotline hours

Northwest Abortion Access Fund (WA, OR, ID, AL):

- Expect to hear back within 24 hours
- 1-866-692-2310

West Fund (CO, NM):

- Expect to hear back in 24-48 hours
- Call/text 915-213-4535
    - Include name, gestation age, clinic info, and amount of funding needed

Carolina Abortion Fund (NC, SC):

- Cannot offer funding to those earlier than 9 weeks
- Call/text 855-518-4603

Elevated Access

- Volunteer pilots transporting patients around the country to receive the healthcare they need (like abortions) at no cost
- https://elevatedaccess.org/

- https://elevatedaccess.org/passengers

Brigid Alliance

- Arranges and funds long-distance travel support for those seeking later abortion care (after the first trimester) in the US
- https://brigidalliance.org/
- https://brigidalliance.org/need-support/

Women's Reproductive Rights Assistance Project

- Funds abortions and emergency contraceptives for people in the US through clinic funding
- https://wrrap.org/
- https://wrrap.org/assistance-services/what-are-abortion-funds/