

SUGGESTIONS FOR CREATING

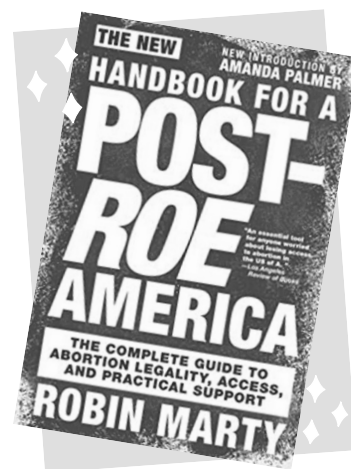
A Personal Abortion Safety Plan

If I have an unplanned pregnancy, would I want to have an abortion?

What steps am I taking to prevent an unplanned pregnancy?

- Contraception [Bedsider.org](https://www.bedsider.org)
- Emergency contraception [Nurx.com](https://www.nurx.com)

Stocks Ella!
A better choice than
Plan B for people
who weigh 164+ lbs.



FIGURING OUT THE LANDSCAPE

What are the laws in my state? [Guttmacher .org/state-policy](https://www.guttmacher.org/state-policy)

Will I prefer: Medication abortion or Procedural abortion

What telemedication will I use and how will I access it? [PlanCPills.org](https://www.plancpills.org)

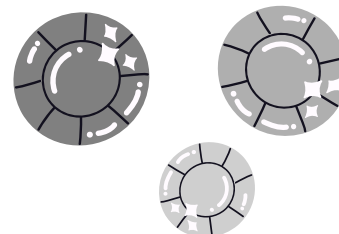
What clinic will I go to? [INeedAnA.com](https://www.ineedanA.com) _____

How will I pay?

- Savings and/or personal emergency abortion fund (What is my savings plan?)
- Insurance (Does my insurance cover abortion?)
- Abortion fund (Which one?) [AbortionFunds.org](https://www.abortionfunds.org)
- Clinic (Have I confirmed with my clinic that they offer financial assistance?)

OTHER CONSIDERATIONS

- Security [DigitalDefenseFund.org/ddf-guides/abortion-privacy](https://www.digitaldefensefund.org/ddf-guides/abortion-privacy)
- Doula
- Practical Support Groups [PostRoeHandbook.com](https://www.postroehandbook.com)
- Gestation period [Euki app](https://www.eukiapp.com)



Who can I reach out to for support? Have I had a conversation with them about what support might look like? _____

On the very rare occasion that you end have a complication: As long as you go into a hospital and safely say, 'I'm pregnant. I think I might be having a miscarriage. I'm scared.' and nothing else, it is impossible for a doctor to know that you tried to induce your own termination.

According to Abortion Care Network, 60% of all abortions are performed by non-Planned Parenthood clinics.

Telemedicine

PlanCPills.org

AidAccess.org

Birth Control

WombOfOnesOwn.wordpress.com

Medication Abortion

AbortionPillInfo.org

SELF-MANAGED ABORTION CARE

Primary Physician

Non-Medication

Menstrual Extraction
WomensHealthSpecialists.org
/self-help

Manual Vacuum Aspiration (MVA)

Herbal Abortion
[@trauma_informed_doula](https://www.instagram.com/trauma_informed_doula) on Instagram

Planned Parenthood

Often do not provide care for later gestation

Independent Clinics

ABORTION CLINICS

INeedAnA.com

Abortion Resource Map

Practical Support Groups

PostRoeHandbook.com

Clinic Escorts

ADDITIONAL SUPPORT

Stories

WeTestify.org

ShoutYourAbortion.org

Legal Defense

JanesDueProcess.org

IfWhenHow.org

Abortion Funds

AbortionFunds.org

CAUTION

Security

DigitalDefenseFund.org
/ddf-guides/abortion-privacy

Crisis

Pregnancy Centers

ReproAction.org
/FakeClinicDatabase

