



# Sexual and Reproductive Health Services & Resources Guide

## Evidence-Based Pregnancy Options Counseling

### ALL-OPTIONS TALKLINE

<https://www.all-options.org/find-support/talkline/1-800-493-0092>

This talkline provides pregnancy options counseling from trained peer counselors. They can help you figure out next steps once you have made a decision about how to handle your pregnancy.

### PREGNANCY OPTIONS WORKBOOK

<https://www.pregnancyoptions.info/pregnancy-options-workbook>

This workbook contains exercises to help you think through your options and make a choice that is best for you.

## Material Resources for Parents & Infants

### CRIBS FOR KIDS

<https://cribsforkids.org/our-partners/>

Partner organizations provide safe sleep education and many provide portable cribs to those who qualify.

### NATIONAL DIAPER BANK NETWORK

<https://nationaldiaperbanknetwork.org/>

Diapers are a major expense that are not usually covered by food stamps, WIC or welfare benefits. This network of local resources distributes free diapers.

### FREE CAR SEATS

<https://www.211.org/211>

The United Way can provide a free car seat for you if you are low income. Just call 211.

### DOLLY PARTON IMAGINATION LIBRARY

<https://imaginationlibrary.com/>

This initiative provides one free book per month from birth until five years of age.

### BREAST PUMPS

<https://www.hhs.gov/answers/health-insurance-reform/are-breast-pumps-covered-by-the-affordable-care-act/index.html>

As part of the Affordable Care Act, health insurance plans are required to cover either the rental or purchase of a breast pump for breastfeeding.

### FREE GENTLY USED ITEMS

<https://www.freecycle.org/>  
<https://buynothingproject.org/>

Local groups like Freecycle and Buy Nothing are good sources for gently used baby clothing and other items.



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## Parenting Information and Support

### DHHS PARENTING RESOURCES

<https://www.childwelfare.gov/topics/preventing/promoting/parenting/finding-help/>

An index of resources and information on parenting compiled by the Administration for Children & Families.

### COMMUNITY RESOURCE HOTLINE

<https://www.211.org/211>

211 connects people to all kinds of community-based resources for emergencies and basic needs. Just call 211 or use the website to find the 211 agency in your area.

### NATIONAL PARENT HELPLINE

<http://www.nationalparenthelpline.org/1-855-427-2736>

Run by Parents Anonymous, this line offers emotional support to parents and caregivers of children and youth of all ages. The website also has a list of additional resources.

### LA LECHE LEAGUE

<https://lalli.org/>

Provides breastfeeding information and connects you to local support including volunteer counselors with breastfeeding/chestfeeding experience.

## Adoption Resources

### NATIONAL PRO-CHOICE ADDOPTION COLLABORATIVE

<https://prochoiceadoption.org/>

Provides options counseling and supports birth parents in establishing legally enforceable open adoption agreements.

### ADOPTION CONNECTION

<http://www.adoptionconnection.org>

Supports birth parents in pursuing open adoption agreements. The organization's headquarters is located in California, but they work with pregnant people in any state.

### JUST CHOICE

<https://justchoice.org>

Provides options counseling and adoption services for expectant parents. Website also has a lot of great information for people considering adoption about their rights and options.

### FRIENDS IN ADOPTION

<http://www.friendsinadoption.org>

Provides adoption services for expectant parents. Website has a lot of information about navigating unplanned pregnancy and talking to friends and family about adoption.



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## Abortion Care

### ABORTION FINDER

<https://www.abortionfinder.org/>

This site can help you identify abortion providers near you based on your gestational age. It also offers information about abortion laws in each state.

### I NEED AN A

<https://www.ineedana.com/>

This site helps you identify abortion providers near you as well as telehealth providers who can mail abortion pills to your home. It can also identify potential funding sources by matching you with local abortion funds.

### ABORTION FUNDS

<https://abortionfunds.org/find-a-fund/>

Abortion funds help patients seeking abortion care overcome barriers. They can help you pay for care, arrange and pay for travel, and even find and pay for childcare during your appointment.

### CHARLEY CHAT BOT

<https://www.chatwithcharley.org/>

This anonymous chat bot can help you figure out your abortion options based on where you live while minimizing the digital footprint of your search for information.

## Post-Abortion Support

### ABORTION RESOLUTION WORKBOOK

<https://www.pregnancyoptions.info/abortion-resolution-workbook>

This workbook helps you pay attention to and work through any negative emotions after an abortion.

### EXHALE PRO-VOICE

<https://exhaleprovoice.org/>  
617-749-2948

This text line connects you to trained peer counselors who can help you work through your feelings after an abortion.

### CONNECT AND BREATHE

<https://www.connectandbreathe.org/>  
1-866-647-1764

This talk line connects you to trained peer counselors who can provide support as you work through your feelings after an abortion.

### FAITH ALOUD

<https://www.faithaloud.org/find-support/spiritualcounseling/>

This talk line connects you with spiritual care counselors from a variety of faith traditions who can help you make sense of your abortion decision within the context of your religious beliefs.



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## Free or Low-Cost Sexual & Reproductive Healthcare

### TITLE X CLINICS

<https://opa.hhs.gov/about/news/e-updates/find-family-planning-and-preventive-health-services-opas-clinic-locator>

These clinics provide family planning services and preventive health services that benefit reproductive health.

### LOCAL HEALTH DEPARTMENTS

<https://www.naccho.org/membership/lhd-directory>

Local health departments often offer free and low-cost sexual and reproductive health services or may be able to direct you to other local programs. NACCHO provides a searchable list so you can find a location near you.

### PLANNED PARENTHOOD

<https://www.plannedparenthood.org/health-center?location>

These sexual and reproductive health clinics often have free or low-cost services available if you ask.

### FEDERALLY QUALIFIED HEALTH CENTERS

<https://findahealthcenter.hrsa.gov/>

Community health centers offer care on a sliding fee scale based on income and family size. They will not turn you away even if you don't have health insurance.

## Contraception

### BEDSIDER

<https://www.bedsider.org/>

This website is a great resource for learning more about your options to prevent pregnancy and figuring out what will work best for you.

### OVER THE COUNTER BIRTH CONTROL

<https://opill.com/>

Opill is the first over the counter birth control pill available in the United States. You can get it without a prescription at most pharmacies.

### TELEHEALTH BIRTH CONTROL

<https://freethepill.org/resources/where-can-i-get-birth-control-pills-online>

This site lists services that will mail birth control pills and other sexual and reproductive health supplies to your home. Many of them offer reduced cost options for people without insurance.

### FREE CONDOMS

<https://npin.cdc.gov/web-tools/condom-finder-widget>

<https://www.teensource.org/condoms/free>

The CDC offers a searchable list of places that offer this resource, as does Teen Source.



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## Basic Necessities & Gov't Support Programs

### WIC

<https://www.fns.usda.gov/wic>

This program provides food, health care referrals, and nutrition for low-income pregnant and postpartum women and to infants and children up to age 5.

### SNAP

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>

Provides food assistance for low-income families.

### USDA NATIONAL HUNGER CLEARINGHOUSE

<https://www.fns.usda.gov/national-hunger-hotline>

Provides basic food necessities for those in need.

### STATE MEDICAID

<https://www.medicaid.gov/about-us/where-can-people-get-help-medicaid-chip/index.html>

If you are pregnant and don't have insurance, you may be eligible for your state's emergency Medicaid coverage.