

We are here to support you. Please ask us for additional resources or referrals you might need.

Your referral is to: _____



What to do if you are pregnant

Knowing your options can help you decide

Confirm your pregnancy with a healthcare provider so that you can explore your options.





Almost $\frac{1}{2}$ of pregnancies in the U.S. are unintended. **You are NOT alone!**

Parenting

Here are the few key things you need to know at the start:

How far along you are in your pregnancy:

A doctor's visit can help you find out, or you can calculate the number of weeks since your last period.

Who is going to be your pre-natal care provider:

Pre-natal care is the single most important thing you can do for yourself and your developing baby. If you do not have a pre-natal care provider, we can help you find one.

Focus on:

- Finding a pre-natal care provider
- Your health and safety
- Your plan for raising your child
- Eating nutritious foods
- Starting a supplement early in your pregnancy.

FACT: Getting pre-natal care early in pregnancy helps screen for and manage potential risk factors.

Today **67% of adoptions in the U.S. are open**, and the remaining **33% are closed** at the request of the birth mother.

Adoption

If you decide to continue the pregnancy, but choose not to parent, adoption is an option.

As you are thinking about adoption, you should still remember:

- Prenatal care
- Good nutrition and pre-natal supplements
- Your health and safety

When choosing an adoption agency, look for an organization that is:

- Respectful, clear and transparent
- Supportive of you no matter what option you choose
- Not judgmental
- Answer all of your questions

Adoption regulations vary by state, but here are the three basic options:

Closed: the birth parents and the adoptive parents do not interact.

Open: birth parents and adoptive parents may be engaged in a life-long relationship. Most U.S. adoptions are open.

In-Family: you work with your family and extended family.

FACT: Every birth mother has the right to choose the level of openness she wants in her child's life.

1 million women in the U.S. have abortions per year.

More than **90% of abortions** in the U.S. take place in the first trimester of pregnancy.

Ending the Pregnancy

Abortion is a safe and legal way to end a pregnancy.

Most states have regulations on how late you can have an abortion. You might need special services if:

- You are under 18 years of age
- You are in the second trimester of pregnancy

What to know: Depending on how far along you are in your pregnancy, you might be able to access:

- Medication abortion** – where you get a medication or two medications that terminate a pregnancy from your healthcare provider. Only available up to 10 weeks of pregnancy.
- In-clinic abortion** – where a healthcare provider performs the procedure in a healthcare setting. We are happy to talk to you about timing of abortion in our state.

FACT: When performed by a healthcare provider or with medication, abortion is very safe. In fact, more complications arise from tooth extraction than from early abortion procedures.



TALK TO US about any of these options or any other concerns that you might have, such as domestic violence, HIV, substance use, and any others. We are here to provide you with quality counseling and referrals.