



Northwest Michigan for
Reproductive Freedom

GUIDE TO REGIONAL REPRODUCTIVE CARE RESOURCES

Contraception/Birth Control

- Your local Health Department or Title X Clinic - reproductivehealthservices.gov
- Planned Parenthood Michigan Virtual Health Center - bit.ly/virtual-bc
- Opill (over the counter birth control pill) - available online and in stores

Emergency Contraception/ Morning-After Pill/Plan B

Should be taken within 5 days of unprotected sex.

- Your local Health Department or Title X Clinic - reproductivehealthservices.gov
- Planned Parenthood Michigan Virtual Health Center - bit.ly/virtual-ebc
- Available over the counter - online and in stores

Low/No-Cost Pregnancy Testing

- Your local Health Department or Title X Clinic - reproductivehealthservices.gov

We believe all individuals should have the autonomy to decide if and when they become pregnant. Every person knows what is best for them, their health, and their future and deserves access to respectful and supportive care.

Northwest Michigan for Reproductive Freedom is a 501(c)4 non-profit advocacy group and does not provide health care or medical advice.

Abortion Pills/Medication Abortion

For those who prefer at home care. Safe and effective through 13 weeks though each clinic has different cut-offs. Must be 18 or older, or have parental consent or a judicial bypass to access abortion care.

- **Aid Access** - Includes telehealth visit and abortion pills mailed to you. Must be 12 weeks, 6 days pregnant or less. aidaccess.org
- **Planned Parenthood Michigan Virtual Health Center** - Includes telehealth visit, abortion pills, nausea and pain meds, and pregnancy test follow up mailed to you. Must be 10 weeks, 5 days pregnant or less. bit.ly/pp-a-pills
- **Planned Parenthood Walker Health Center (Traverse City)** - Offers abortion pills via in-person appointment and telehealth. Must be 12 weeks or less. bit.ly/tc-a-pill
- **Planned Parenthood Irwin/Martin Health Center (Grand Rapids)** - Offers abortion pills via in-person appointment and telehealth. Must be 12 weeks or less. bit.ly/gr-a-pill

Procedural Abortion

For those who prefer in-clinic procedural care. Gestational (weeks pregnant) cut-off varies by clinic. Must be 18 or older, or have parental consent or a judicial bypass to access care. More clinics (further away) offering procedural care can be found at abortionfinder.org.

- **Planned Parenthood - Irwin/Martin Health Center (Grand Rapids)** - Offers abortion procedure through 13 weeks, 6 days. bit.ly/gr-clinic
- **Planned Parenthood Kalamazoo Health Center** - Offers abortion procedure through 19 weeks, 6 days. bit.ly/kzoo-clinic
- **Women's Center of Saginaw and Flint** - Offers abortion procedure through 16 weeks, 6 days. whcofmi.com

Other Resources

- **Abortion Finder** - Comprehensive personalized abortion resources. abortionfinder.org
- **INeedAnA** - Comprehensive personalized abortion resources. ineedana.com
- **National Network of Abortion Funds** - Abortion funds by region. abortionfunds.org
- **Judicial Bypass Helpline** - Assistance for minors navigating the judicial bypass process. (844-868-2812) bit.ly/jb-helpline