



Howard Brown
Health

PREGNANCY OPTIONS



INTRODUCTION

If you recently learned you are pregnant, you have many choices to make about how you want to continue.

This guide is intended to help you review your options for both continuing the pregnancy as well as terminating it.

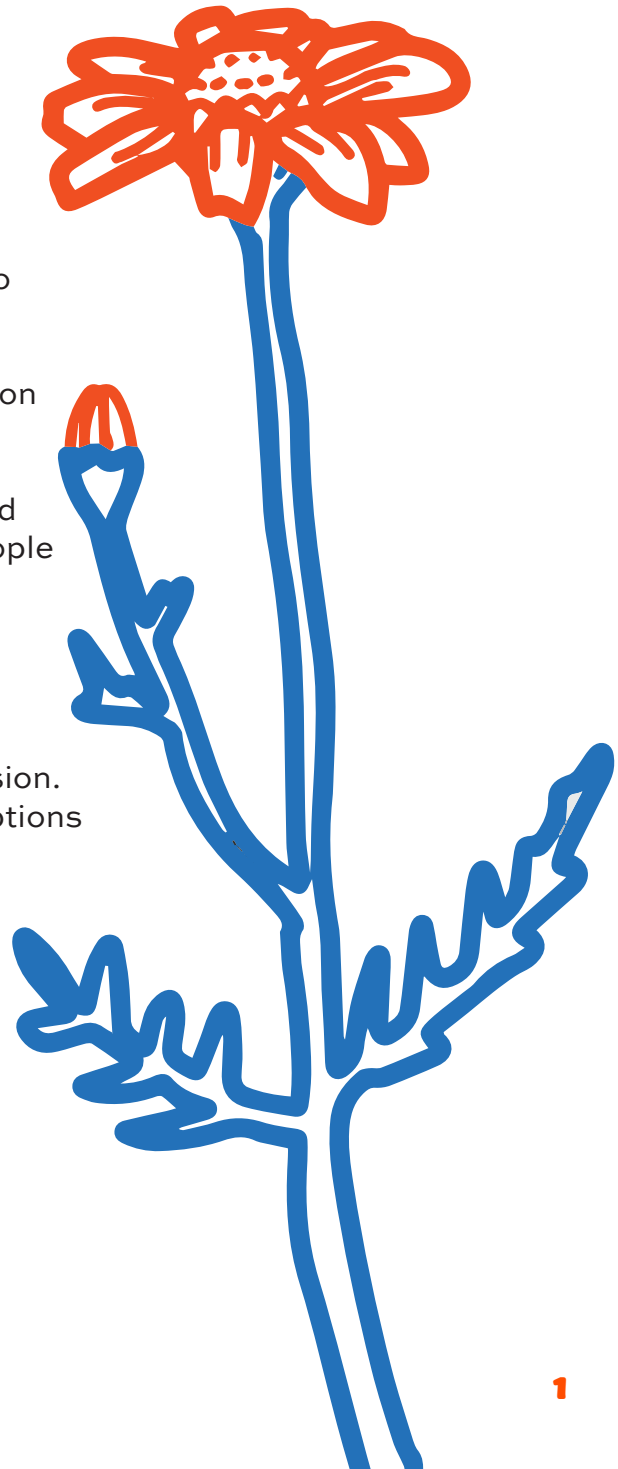
We encourage you to take as much time as you need to make your decision, but we also want you to know that if you are considering abortion, there can be financial, legal, and geographic barriers to accessing abortion care later in the pregnancy.

If you choose to continue the pregnancy, you can decide to parent or to place the child for adoption. If you choose to terminate the pregnancy, you can get a procedure done in a clinic or, if the pregnancy is early enough, have an abortion with pills.

It's important to know that many pregnancies, both wanted and unwanted, end in miscarriage. It is not unusual for people experiencing miscarriage to get the same procedures and medications as people getting elective abortions.

Whatever you decide to do with this pregnancy is valid. You are the expert of your life and your body, and no one should pressure or threaten you to make a particular decision. This guide is meant to provide you with information and options to help you make decisions that are right for you.

PLEASE NOTE: The external resources we've included here may not always use language or practices that are inclusive of all gender identities.



CONTINUING THE PREGNANCY/ PARENTING

PARENTING

If you are pregnant and plan to carry the pregnancy to term, parenting is an option. The choice you make about this pregnancy does not impact whether you can become a parent at another point in your lifetime. You can also consider the resources in this guide if you are trying to become pregnant with the intent of parenting.

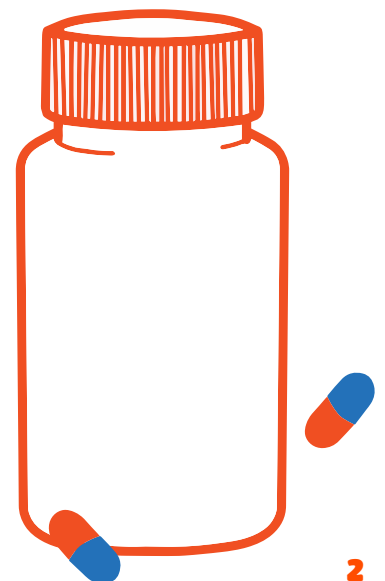
If you are pregnant and unsure about what you want to do, we suggest reaching out to All-Options, a hotline that offers unbiased pregnancy options counseling and support at 888.493.0092 or all-options.org.

MAKING A PARENTING PLAN

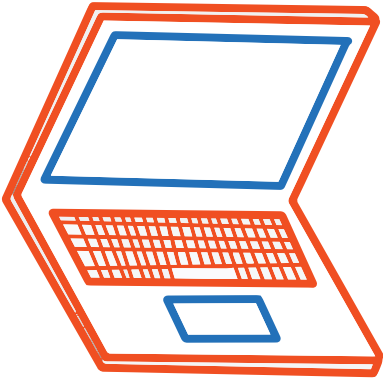
If you are pregnant or thinking about becoming pregnant, there are a few things you may need to plan for, including: where and how you will access medical care during and after your pregnancy, what kind of social support you will have during and after your pregnancy, and how you will care for the child and yourself over time. There are resources available to support you if this is your choice.

MEDICAL CARE

Be mindful of your well-being by doing things that will support your health as well as that of your future baby. We suggest you start taking prenatal vitamins before you are trying to get pregnant – you can get them over the counter at the pharmacy. Also avoid alcohol, smoking and recreational drugs. If you want support in these lifestyle changes, talk to your provider about how they can help. Meeting regularly with your prenatal medical provider, midwife, and other professionals who are working with you during your pregnancy will help you understand the changes that your body is going through. These medical supporters can help you practice important ongoing self-care. Your provider can also refer you to a pediatric or family medicine provider to care for the baby after it is born. How you choose your prenatal care provider may depend on what type of insurance you have, since not all providers are “in-network” with every plan. If you need help figuring out which prenatal care providers take your insurance, you can call your insurance company or ask someone at Howard Brown to help you. If you need help applying for insurance, Howard Brown’s Benefits Navigators are here to assist.



FINANCIAL SUPPORT



If you need it, you will need to apply for financial support as soon as possible. Ask your medical provider for a letter stating your expected due date. You will need this to apply. You may be eligible to apply for support including: medical insurance, financial assistance, food assistance (“SNAP” or “LINK” (food stamps) or “WIC”), and child care assistance. For many benefits in Illinois, you can apply through ABE (Application for Benefits Eligibility) at abe.illinois.gov.

For child care assistance, Illinois Action for Children is an organization that has a lot of resources, including finding child care providers and figuring out how to pay for care - www.actforchildren.org. You can also apply for assistance through DHS (the Department of Human Services) at www.dhs.state.il.us, where you can also find a list of offices where you can apply for benefits in person.

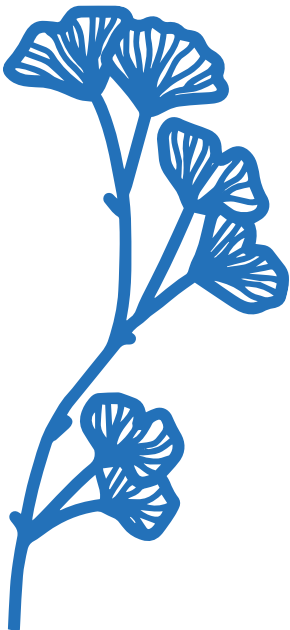
PARENTING SUPPORT



Many pregnancy care providers can assist with access to parenting classes and support. A parenting class can be helpful if you are pregnant and considering parenting, might become a parent in the future, or even if you are already a parent.

Metropolitan Family Services offers a parenting fundamentals class. You can learn more about this class by calling 773.371.3735, or visiting metrofamily.org.

CHANGING YOUR MIND



If you are pregnant and you decide that you do not wish to parent, you may still be able to have an abortion or set up an adoption plan. Abortion is legal up to about 23-24 weeks of pregnancy in Illinois, however the (out-of-pocket) cost of abortion goes up the later the gestational age, and the procedure gets more complicated and can take more than one day if it’s after the first trimester.

Abortions later than 24 weeks are available at only a few clinics in the entire country.

An adoption plan can be made at any point during your pregnancy. If you have given birth and decide you cannot parent and have no one in your life who can care for the baby, Safe Haven laws in Illinois allow you to leave a baby with any staff member at a police station, fire station, hospital, or emergency services provider, up to 30 days after birth.

BIRTH & WELLNESS RESOURCES

PLEASE NOTE: the external resources we've included here may not always use language or practices that are inclusive of all gender identities.

HOSPITAL-BASED PRENATAL PROVIDERS

When deciding on a pregnancy care provider, it is important to find out whether they will be safe and supportive for you and your family. When calling to schedule appointments or meeting with providers, you can ask questions about whether they have experience working with LG-BTQ-identified people, whether their services are trauma-informed, or other specific things you will need to have respected. It is also important to find out whether a provider will accept your insurance plan. If you are uninsured, Howard Brown's Benefits Navigators can assist you in obtaining expedited Medicaid.

Advocate Illinois Masonic Medical Center – OB/GYN and Midwives

3000 N. Halsted
Chicago, IL 60637
advocatehealth.com
773.296.3300

Birth Center at PCC South Family Health Center

6201 Roosevelt Rd.
Berwyn, IL 60402
pccwellness.org
708.317.3035

Chicago Family Health Center

Several locations throughout Chicago
chicagofamilyhealth.org
773.768.5000

Erie Family Health Centers

Several locations throughout Chicago
eriefamilyhealth.org
312.666.3494

Friend Health (formerly Friend & Family)

Several locations throughout Chicago
friendfhc.org
773.702.0660

Mercy Hospital and Medical Center Family Birth Center – OB/GYN and Midwives

2525 S. Michigan Ave.
Chicago, IL 60616
mercy-chicago.org/family-birth-center
312.567.2600

North Shore Associates in Gynecology & Obstetrics

Evanston Hospital
2500 N. Ridge Ave.
Evanston, IL 60201
nsago.com
847.475.1224

Northwestern Memorial Physicians' Group – OB/GYN and Midwives

680 N. Lake Shore Drive, Ste 810
Chicago, IL 60611
680obgyn.nm.org
312.926.8811

Roseland Community Hospital

45 W. 111th St.
Chicago, IL 60628
roselandhospital.org
773.995.3180

Rush Medical Center OB/GYN (Located within Rush University Children's Hospital)

1653 W. Congress Pkwy # 720
Chicago, IL 60612
rush.edu
312.942.6380

Sinai Health System

Several locations throughout Chicago
sinai.org
773.542.2000

Stroger/Cook County Hospital

1901 W. Harrison
Chicago, IL 60612
cookcountyhealth.org
312.864.8682

Swedish Covenant Midwives Group

5145 N. California Ave.
Chicago, IL 60625
swedishcovenant.org
773.989.6200

University of Chicago Medicine Family Birth Center - Hyde Park

5721 S. Maryland Ave.
Chicago, IL 60637
uchicagomedicine.org
773.702.1000

UI Health Family Medicine at University Village

722 W. Maxwell St., 2nd Floor
Chicago, IL 60607
hospital.uillinois.edu
312.996.2901

University of Illinois OB/GYN and Midwives

1801 W. Taylor St.
Chicago, IL 60612
hospital.uillinois.edu
866.600.2273

West Suburban Midwives

715 Lake Street #273
Oak Park, IL 60301
westsubmidwives.com
708.848.3800

HOME-BASED PRENATAL PROVIDERS

Gentle Birth Care

gentlebirthcare.com
708.386.4292

PARENTING RESOURCES

Child Care Assistance Program (CCAP)

dhs.state.il.us
877.202.4453

Family Focus

A not-for-profit family support center that serves the Englewood and West Englewood communities of Chicago
Family-focus.org
312.421.5200

Healthy Family Program at Advocate Illinois Masonic

Provides education and doula services for low-income families in Chicago.
773.296.7340

Metropolitan Family Services

Provides a wide variety of programs and services designed to strengthen families
metrofamily.org
312.986.4000

New Moms

Provides housing assistance, parenting classes, doula support and other services
newmoms.org
773.252.3253

FOOD RESOURCES

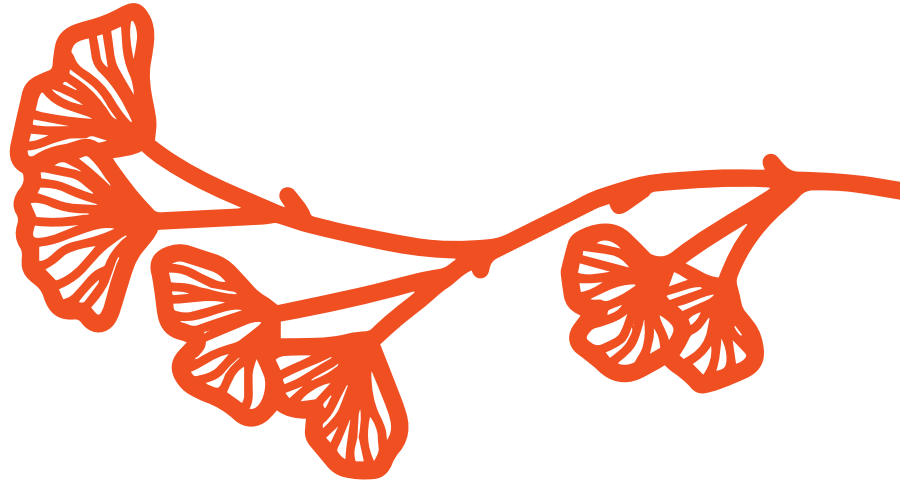
Greater Chicago Food Depository

chicagosfoodbank.org
773.247.3663

Women, Infants, and Children (WIC)

WIC is a food assistance program for Women, Infants, and Children. It helps pregnant people, new parents and young children eat well and stay healthy. You'll need to bring proof of pregnancy from a doctor's office. If you don't identify as a "woman" you should still qualify. In this case, if you'd like assistance with applying or advocating, Howard Brown can help. Email hbhtranshealth@howardbrown.org for assistance.
dhs.state.il.us
217.782.2166

ADDITIONAL PREGNANCY & BIRTH SUPPORT RESOURCES



SLIDING SCALE DOULA RESOURCES

Chicago Birthworks Collective
chicagobirthworks.com
872.903.3813

Chicago Volunteer Doulas
Chicagovolunteerdoulas.org

OTHER PREGNANCY & POSTPARTUM DOULAS

Amy Catania
chicagodoula.net

Ashe Doula Services
asheservices.com
503.200.4483

Becca Hammond
bhsupportservices.com
872.221.2106

Cassie Calderone/ Love Your Doula
loveyourdoula.org
708.207.1669

Chicagoland Doulas
chicagolanddoulas.com
712.540.5917

Chicago Family Doulas
chicagofamilydoulas.com
312.765.3012

Endia Williams/Brown Girl Doula
endiathedoula@gmail.com
312.810.5584

Hillary Scharmann
heartbirthandbaby.com
773.236.2229

**Isabel Gonzalez-Smith/
La Luna Doula Services**
lalunadoula.com
708.512.4260

Jacoba Cruz-Rodríguez
mamaaicha.org
773.999.9050

Nerissa Osby
nerissac.osby@gmail.com

Our Mothers' Light Holistic Birth Services
ourmotherslight.com
312.767.1273

Shanika Helaku
moonmamamagik.com
708.890.2262

Third Coast Birth & Baby
thirdcoastbirth.com
312.574.0096

ABORTION

Abortion may be an option for you if you are pregnant and you do not want to carry the pregnancy to term or have a baby at this time. It's important to know how far along the pregnancy is when considering abortion: to estimate the number of weeks the pregnancy is, count the number of days since the first day of your most recent period and divide by seven. (If your most recent period started 53 days ago, the pregnancy is around 7 weeks and 4 days.) If your periods are irregular, you will need to go to a medical provider to figure out how far along the pregnancy is.

If you are unsure about what you want to do, we suggest talking it through with your health care provider. You can also reach out to All-Options, a hotline that offers unbiased pregnancy options counseling and support, at 1.888.493.0092 or all-options.org

Abortion is legal in Illinois as well as every other state, and Medicaid covers all abortions in Illinois. If you choose to end your pregnancy, you have two options: medication abortion and in-clinic abortion.

MEDICAL ABORTION

A medication abortion (also known as the “abortion pill”) is typically available for someone up to 10-11 weeks into their pregnancy. The abortion pill includes two medications (mifepristone and misoprostol) which end the pregnancy and cause the body to expel tissue. Having an abortion with pills is similar to inducing a miscarriage, so a person will experience heavy bleeding and painful cramping for a few hours, and possibly bleeding or spotting for a few weeks after. This is a safe way to end a pregnancy at your home or the home of someone you trust.

IN-CLINIC ABORTION

An in-clinic abortion is legally available in Illinois to anyone who is pregnant up to the point of “viability”. A pregnancy is considered “viable” at about 23 or 24 weeks, which is when a fetus could be considered developed enough to survive outside a person’s body; however, some clinics may not be equipped to provide abortions up to this point. The procedure typically takes about 10 minutes plus recovery time at the clinic. It may involve sedation or local anesthesia. You may experience heavy bleeding for a few days and spotting for a few weeks. If you are considering abortion, please keep in mind that the sooner you seek out an abortion, the lower the out-of-pocket cost will be and more options you will have.



AFTER ABORTION



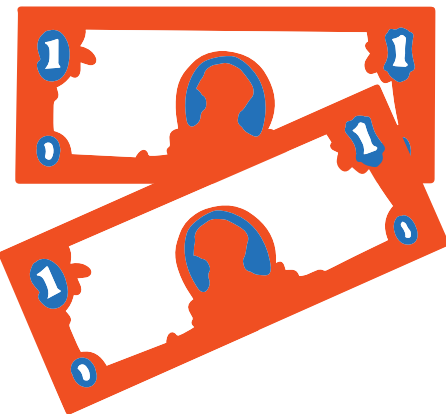
Your abortion provider might require you to follow-up with them in 1-2 weeks after the abortion. If you suspect you're having any complications or problems related to the abortion, please contact them sooner. Medication and in-clinic abortions are considerably safer than pregnancy and delivery and complications are rare. Pregnancy and childbirth complications are rare. If you are looking for more information about what to expect when having an abortion, check out the National Abortion Federation at: [877.257.0012](tel:877.257.0012) or prochoice.org. If you are looking for support after having an abortion, we suggest reaching out to Connect & Breathe, a hotline that offers non-judgmental support to individuals who have had an abortion, at [866.647.1764](tel:866.647.1764) or connectandbreathe.org

RIGHTS FOR YOUNG PEOPLE



Under Illinois law, any pregnant person under the age of 18 can decide to have an abortion on their own without parental consent (permission). However, Illinois law requires health providers to notify an adult family member before providing an abortion to any minor under the age of 18. There is a way around this to protect your privacy in this personal decision. For any minor who is unable or unwilling to tell their family, there is assistance called a judicial bypass, where a judge gives an order to allow a minor to have an abortion without notifying an adult family member. If you are considering judicial bypass we urge to begin the process as soon as you can to minimize any delay in access to abortion services. For support around a judicial bypass, we recommend contacting the ACLU at: [877.442.9727](tel:877.442.9727) or judicialbypass@aclu-il.org

ABORTION COSTS



The cost will be different, depending on whether it's an in-clinic or medication abortion, and how far into the pregnancy someone is. Some private insurance plans cover abortions, but many do not. You can call your insurance to see what your specific benefits are. Illinois Medicaid covers abortion services, and if you are uninsured you can use proof of pregnancy to apply for expedited Medicaid. There are funds that help people pay for an abortion if they cannot afford one. If you are worried about paying for your procedure, staff at the clinics will be able to help you navigate your insurance coverage and understand your options.

ABORTION CARE RESOURCES

Carafem

4711 Golf Road, Suite 920
Skokie, IL 60076
Carafem.org
877.708.1364

Family Planning Associates

659 W. Washington
Chicago, IL 60661
fpachicago.com
773.362.5507

Planned Parenthood

Multiple locations throughout Illinois
plannedparenthood.org/planned-parenthood-illinois
877.200.PPIL

Rush University Medical Center Family Planning Services

1645 W. Jackson Blvd., Suite 310
Chicago, IL 60612
rush.edu/services/family-planning-services
312.942.2298

Stroger Hospital Reproductive Health Services

1969 W. Ogden Ave.
Chicago, IL 60612
312.864.0850

University of Chicago Ryan Center

5758 S. Maryland Ave.
Chicago, IL 60637
obgyn.uchicago.edu/family-planning/ryan-center
773.702.6118

University of Illinois Center for Reproductive Health

1801 W. Taylor St.
Chicago, IL 60612
hospital.uillinois.edu
312.413.8681

UI Health Family Medicine at University Village

722 W. Maxwell St., 2nd Floor
Chicago, IL 60607
hospital.uillinois.edu
312.996.2901

FINANCIAL SUPPORT

Chicago Abortion Fund

312.663.0338 (Monday, Wednesday, Friday, 3:30-6:30pm) To contact CAF about receiving funding, call the helpline during the hours listed above. You will need to leave a voicemail and CAF will get back to you within a day or two
chicagoabortionfund.org

Midwest Access Coalition

A practical abortion fund that assists with the costs and difficulties associated with getting an abortion (lodging, transportation, food, childcare, etc.) MAC does not provide financial assistance to pay for procedures.
midwestaccesscoalition.org
847.750.6224

National Abortion Federation

prochoice.org
877.257.0012

National Network of Abortion Funds

abortionfunds.org

OTHER SUPPORT

All-Options Hotline

All-Options uses direct service and social change strategies to promote unconditional, judgment-free support for people in all of their decisions, feelings, and experiences with pregnancy, parenting, abortion, and adoption
all-options.org
888.493.0092

Connect & Breathe

Talkline volunteers provide confidential space for your unique experience of abortion through non-judgmental support and respectful listening
connectandbreathe.org
866.647.1764

Miscarriage and Abortion Hotline

physician-run information and support service for people who are experiencing miscarriage and/or abortion
mahotline.org

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ADOPTION

Adoption is an option for you if you are pregnant, want to continue the pregnancy, and do not wish to parent right now. If you are pregnant and choosing adoption, you have a few things to consider. You will need to make an adoption plan. Many adoption agencies have counselors on-staff who are available to help you plan and talk through your options for free. A counselor can inform you what to expect during and after the adoption process and assist you through the process of choosing how you would like the adoption to happen.

ADOPTION PLAN

If you make an adoption plan, you have the right to:

- Be free from any pressure or coercion.
- Place the child through an adoption agency or private adoption arranged by an attorney.
- Your own attorney, though you may also refuse legal representation if you choose.
- Approve the parents who will adopt the child, know their names, and meet them if you want to.
- Financial help with certain expenses.
- Create a written adoption agreement, which allows you to share pictures, letters and sometimes have future contact with the adoptive family.
- See or not see the child before you place them for adoption.

ADOPTION OPTIONS

CLOSED ADOPTION: You do not maintain contact with the adopting family once the adoption is complete.

OPEN ADOPTION: You maintain contact with the adopting family, based upon boundaries that you agree on with the adopting family. This is not legally binding in Illinois.

CHANGING YOUR MIND

In order to finalize the adoption, you will have to sign off on certain paperwork. In Illinois, you cannot sign this paperwork until 3 days or more after birth.

You may change your mind at any time up until this point if you decide that you no longer want to choose adoption.



ADOPTION RESOURCES

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Adoption Center of Illinois
adoptioncenterofillinois.org
773.334.2300

All-Options Hotline
all-options.org
888.493.0092

Choice Network Adoptions
choicenetworkadoptions.com
866.989.1466

The Cradle
cradle.org
847.475.5800

