

A GUIDE TO ABORTION CARE IN NEW YORK CITY

PROVIDED BY
SENATOR LIZ KRUEGER



Important Phone Numbers

Always dial 911 in case of emergency.

Pregnancy Options Counseling, NYC Health + Hospitals.....	718-360-8981
Pregnancy Options Counseling, Planned Parenthood.....	800-230-7526
The New York City Abortion Access Hub Hotline.....	877-NYC-AHUB (877-692-2482)
The National Abortion Hotline.....	800-772-9100
NYS Attorney General's Reproductive Rights Legal Information & Abortion Hotline.....	800-342-9871
Mental Health & Crisis Support.....	988

The State of New York is committed to protecting reproductive rights and access to comprehensive sexual and reproductive health care services.

This publication is provided as a resource for individuals seeking abortion care and contraception in New York City, but is not intended as an endorsement of any organization or service, or as a source of medical advice.

The information in this guide was researched and compiled as a result of the U.S. Supreme Court overturning *Roe v. Wade* in *Dobbs v. Jackson Women's Health Organization* to ensure that New Yorkers and people who travel here from out of state seeking abortion care have the information and resources they need to access care. The legal information is accurate as of December 2024 and is subject to change in the future.

Access to contraception is also fundamental to reproductive health and preventing unplanned pregnancy. Therefore, while the main purpose of this guide is to provide abortion-related resources, you will also find information about different types of contraception and how to access contraception and contraceptive devices in New York City.

We have done our best to make this guide as comprehensive and accurate as possible. However, in a dynamic city that is fortunate to have an array of abortion and family planning providers, we know we must have missed important resources. Over time, providers may change their location, services provided, insurance accepted, or contact information. Please check the website or contact a provider to confirm the latest service details. Please feel free to contact Senator Krueger's office at (212) 490-9535 or krueger@nyssenate.gov if there are additional resources you think should be included in the guide.



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Accessing Abortion Care in New York

Is abortion legal?

Yes, New York is committed to protecting abortion rights and to making abortion care accessible for residents and people who travel here from other states to access care. Abortion has been legal and protected since 1970, even before *Roe v. Wade* established abortion rights nationwide in 1973. In 2019, the **Reproductive Health Act (RHA)** was enacted in New York in order to align the State abortion law with *Roe v. Wade* protections. Under New York State law, a health care practitioner may provide an abortion for any reason within 24 weeks of the start of pregnancy. A health care practitioner may provide an abortion beyond 24 weeks of the start of pregnancy if a patient's health or life is at risk, or if the fetus is not viable. **The New York State Department of Health** has issued guidance to help determine when a person is able to have an abortion beyond 24 weeks of the start of pregnancy. If you need an abortion and are uncertain if you are eligible, please call or visit an abortion provider for help with determining your options.

What is self-managed abortion and is it legal?

An abortion is self-managed when a person obtains and takes abortion pills to end a pregnancy without the help of a health care provider, which is legal in New York. The Reproductive Health Act (RHA) was enacted in New York in 2019 and stipulates that every person who becomes pregnant has the right to carry the pregnancy to term, to give birth to a child, or to have an abortion, which includes self-managed abortion.

What health care practitioners can provide abortion services?

In the State of New York, physicians and Advanced Practice Clinicians (APCs) are authorized to provide abortion care within their scope of practice. APCs include licensed midwives, nurse practitioners, and physician assistants. Abortion providers may practice in hospitals, community clinics, or in private practice. You will find lists of telehealth medication abortion providers, community abortion clinics, and hospitals that provide abortion care in New York City later in this guide.

What types of abortion are available?

Medication and procedural abortion are the two types of abortion that you may be able to receive, depending on which one you prefer, your medical history, and how far along you are in the pregnancy. Both options are safe methods of terminating a pregnancy.

Medication abortion is an option during the first trimester of pregnancy. You can request abortion pills by going to an abortion clinic or by receiving abortion pills in the mail from a telehealth medication abortion provider. There are also providers in New York City that will schedule a virtual consultation and then ask you to come in to the clinic or call the abortion pills in to your local pharmacy. Either way, a health care provider will review your medical eligibility to have a medication abortion. Once you take the abortion pills, you will experience bleeding and cramping for a period of time. Please see the following resources for more detailed information about medication abortion and what to expect:

- **HowToUseAbortionPill:** <https://www.howtouseabortionpill.org/>
- **Comparison of Early Abortion Options:** <https://rhedi.org/comp-early-abortion-options/>
- **What to Expect During an Abortion – Medication Abortion:** <https://prochoice.org/patients/abortion-what-to-expect/>

Choosing which type of abortion you want is a very personal decision. Early in pregnancy, some individuals may opt for a medication abortion because they are able to take the pills in the privacy of their home, while others may prefer to have a procedure performed because it is quicker.

Please Note: Medication abortion is safe and effective; however, there are limited cases where the abortion is not fully completed. In this situation, which is similar to having a miscarriage early in pregnancy, it may be necessary to take additional medication or to have an in-clinic procedure, such as manual aspiration. If you have had a medication abortion that was not fully completed, it is important to seek medical advice to determine which treatment is most appropriate for you. If your medication abortion provider does not offer follow-up care, some of the providers listed in this guide offer abortion follow-up or miscarriage management appointments. Please see the following resource issued by the Reproductive Health Access Project (RHAP), which explains medication abortion protocol, including follow-up care if necessary:

- **Mifepristone/misoprostol abortion care protocol:** <https://www.reproductiveaccess.org/resource/medication-abortion-protocol/>

Procedural abortion is an option during and beyond the first trimester of pregnancy. Some of the more common abortion procedures include: manual aspiration, vacuum aspiration, Dilation and Curettage (D&C), and Dilation and Evacuation (D&E). Most procedural abortion services are provided in abortion clinics. However, abortion procedures are also performed in hospitals, particularly if a case is more medically complex or where the pregnancy is causing serious health risks to the patient.

Sedation or anesthesia may or may not be necessary, depending on the type of procedure being performed, the options available, and the patient's preference. For example, there are select abortion providers who perform the manual aspiration procedure early in pregnancy, using techniques that reduce the amount of pain and discomfort experienced by the patient. As a result, pain and discomfort may be managed by giving pain medication instead of sedation or anesthesia. When an abortion procedure is performed under sedation or anesthesia, the patient needs to be accompanied home or wherever they are staying following the procedure. Therefore, having a procedure without sedation or anesthesia might be preferable, when possible.

You can find more detailed explanations of abortion procedures and other helpful information in the resources listed below.

- **Comparison of Early Abortion Options:** <https://rhedi.org/comp-early-abortion-options/>
- **Abortion in Clinic: What to Expect:** <https://prochoice.org/patients/abortion-what-to-expect/>
- **What Happens During a Later Abortion?:** <https://laterabortion.org/general-information/clients-and-clinicians-experiences>

If you have questions about specific abortion procedures or pain management options, please be sure to discuss your questions with the abortion provider.

Can I be denied abortion services?

It is important to be aware that some hospitals in New York will not provide abortion care, as a matter of hospital policy. There are also individual health care providers who may refuse to perform abortion services, even if the hospital they are affiliated with provides abortion care, due to having “conscience objections.” This guide provides a listing of hospitals and community clinics that provide abortion services in New York City, as well as online resources to search for providers in other parts of the State.

Is abortion care covered by insurance?

Commercial insurance plans that are regulated by New York State Insurance law are required to cover abortion services if the policy provides hospital, surgical, or medical coverage, and offers maternity coverage. This includes coverage of generic and brand name medications that are prescribed for purposes of an abortion. Coverage for abortion care shall not be subject to annual deductibles or coinsurance, including co-payments, unless the policy is a high-deductible policy. Abortion services are also covered for New Yorkers who receive health care benefits through New York State Medicaid, the Essential Plan, and Marketplace Plans.

Examples of insurance plans that are unlikely to be regulated by New York State Insurance law include insurance plans provided through unions, self-funded health insurance plans, and health insurance plans that are issued in other states. A self-funded health insurance plan is a type of plan where the employer collects premiums from enrollees and pays their medical claims – an insurance company may or may not be involved with administering the payments. Please call your insurance provider to confirm that your plan covers the abortion services you need, whether an abortion provider is in-network, and if physician, hospital and/or anesthesia fees will be covered, if applicable.

Please Note: Many telehealth medication abortion providers do not accept health insurance. However, they may be able to provide a receipt for care that can be submitted to your health insurance provider for possible reimbursement. Furthermore, if the telehealth medication abortion provider is able to call the abortion medications in to a local pharmacy, it may be possible to use health insurance to cover the cost of the prescription drugs. It is important to ask about these options before you make payment to the telehealth medication abortion provider.

Is financial support available to help cover the cost of abortion care?

If you are uninsured, your health insurance does not cover abortion care, or you are unable to use your health insurance, you may be eligible to receive financial assistance from an abortion fund, sliding scale fees may be available, or you may be eligible to enroll in New York State Medicaid.

Abortion funds, such as the **New York Abortion Access Fund** (<https://www.nyaaf.org/>) provide financial assistance to help cover medical costs associated with having an abortion. You may also need financial support to help cover the costs of travel, accommodations, and child care associated with receiving abortion care. Practical support groups, such as **The Brigid Alliance** (<https://brigidalliance.org/>), provide financial support to help cover these practical expenses. Please see the *Abortion Resources* section for additional resources.

Some abortion providers offer sliding scale fees when there is financial need. Whether you request abortion pills online or receive in-clinic abortion services, please make sure to inquire whether sliding scale fees or other types of financial assistance are available if you need financial support.

New York State Medicaid covers the costs of abortion care and you may qualify to receive Medicaid benefits if you are a resident of New York and meet other eligibility criteria. If you need assistance with enrolling in Medicaid, please contact the following health care and social service entities:

- If you will receive abortion care from a hospital, a Planned Parenthood Health Center, or CHOICES Women's Medical Center, they should be able to provide Medicaid enrollment assistance; and
- Otherwise, you can contact the **Community Service Society (CSS)** at (888) 614-5400 to make an appointment for assistance. CSS is a nonprofit, certified Enrollment Assistor that provides support with Medicaid enrollment at no charge.

Do minors need the consent of a parent or guardian to receive abortion care?

Minors are not required to obtain the consent of a parent or guardian to have an abortion if they are able to provide informed consent. What this means is that a minor is able to make decisions about their health when they fully understand their health information, as well as the risks and benefits to receiving or not receiving medical treatment.

For additional details, please see New York Civil Liberties Union's publication, *Teenagers, Health Care, and The Law: A Guide to Minors' Rights in New York State* at:

<https://www.nyclu.org/resources/policy/one-pagers/guide-teenagers-health-care-and-law-english-and-spanish>.

Are there resources for minors who don't have a trusted adult to talk to?

Finding out that you are pregnant might feel shocking, frightening, and overwhelming, especially if you are a minor. There will be important decisions to make about the pregnancy and you may be unsure what you want to do. If possible, it is important to talk to a trusted adult about how you are feeling and what your options are so that you can get support while figuring out the answers. If you do not have a trusted family member or other trusted adult to speak to, there are a number of resources you can turn to for pregnancy options counseling, emotional and spiritual support, legal information, and other materials. Please see the *Abortion Resources* section for these resources.

Is abortion care confidential?

In general, a health care provider is not permitted to share an adult or minor patient's confidential medical information without their permission. This applies to patients who are minors if the patient provided informed consent. Although these protections are afforded under federal and New York State law, it is very important to be aware of the following:

- ⇒ If you are a minor and talk to a teacher, administrator, social worker, guidance counselor, or other school employee about being pregnant or having an abortion, they are not required by law to keep that information confidential;
- ⇒ Parents are able to access the electronic health records of their children for permissible purposes;
- ⇒ Electronic medical records make it possible for other health care providers to see a record that you received abortion care. If you have privacy or safety concerns, please speak with your abortion provider about what makes sense to help keep you safe;
- ⇒ If you use your parent's, partner's, or spouse's health insurance to cover the cost of abortion care, it is possible that medical claims or billing information could be sent to them; and

⇒ There are circumstances where health care providers are required to share confidential medical information.

Please see New York Civil Liberties Union's publication, *Teenagers, Health Care, and the Law: A Guide to Minors' Rights in New York State* at <https://www.nyclu.org/resources/policy/one-pagers/guide-teenagers-health-care-and-law-english-and-spanish> for more information and steps that can be taken to help protect confidentiality of medical records.

Please Note: If you are concerned about using your parent's, partner's, or spouse's health insurance, you can contact the **New York City Abortion Access Hub** (nyc.gov/abortion), which provides confidential assistance with finding abortion providers in New York City, making an appointment, obtaining financial assistance, and providing other support.

Can out-of-state residents receive abortion services in New York State?

Out-of-state residents are welcome to come to New York for abortion care; however, they may not be able to use their health insurance to cover the cost of abortion services. Out-of-state residents may be able to receive financial assistance from an abortion fund such as the **New York Abortion Access Fund** (<https://www.nyaaf.org/>) and some abortion providers offer sliding scale fees.

Individuals may also need financial support to help cover the costs of travel and accommodations associated with receiving abortion care. Practical support groups, such as **The Brigid Alliance** (<https://brigidalliance.org/>), provide financial support to help cover these practical expenses. Typically, abortion providers make referrals to abortion funds and other groups if a patient needs financial support, but some providers request that patients contact abortion funds directly.

Please check with the abortion provider to confirm whether they offer sliding scale fees and what the preferred process is to request financial assistance from abortion funds.

How do I find an abortion provider?

Once you have decided to have an abortion, you may want to speak with someone who can help with finding an abortion provider and looking into financial assistance, if needed, or you may prefer to handle these details yourself. Whichever you prefer, this guide includes resources that will help you get the abortion care you need.

If you would like to receive confidential assistance with finding an abortion provider, there are two trusted toll-free hotlines you can contact:

- **The New York City Abortion Access Hub, 877-NYC-AHUB (877-692-2482):** is run by the **New York City Health Department** and provides help with finding abortion providers, scheduling an appointment, getting financial support, and finding transportation and lodging. Assistance is provided regardless of immigration status and New York City residence is not required. Interpretation services are available. Please visit their website for additional details, including what to expect when you contact the Abortion Access Hub, at nyc.gov/abortion.

- **The National Abortion Hotline, (800) 772-9100:** is run by the **National Abortion Federation** and provides callers with accurate information, information on abortion providers, case management services, and limited financial assistance. The Hotline is multilingual. Please visit their website for additional details and FAQs at: <https://prochoice.org/patients/naf-hotline/>.

This guide also contains resources that you can look over and use to obtain abortion care, including a listing of abortion providers that offer in-clinic abortion services in New York City and telehealth medication abortion providers that offer virtual medication abortion services in the State of New York, as well as abortion funds, practical support funds, and other financial assistance information and resources. Please see the *Abortion Resources* section for abortion funds and practical support funds, and the *Abortion Provider* section for listings of clinics and hospitals that provide care.

Please keep in mind that some abortion providers do not offer abortion services for individuals under the age of 18, only provide abortion services up to a certain point in pregnancy, and/or only perform certain abortion procedures. You can visit the provider's website or call to inquire about the provider's services. There are also online provider directories that allow you to search for an up-to-date list of abortion providers throughout the State. Please see the *Abortion Resources* section to view the list of online provider directories.

Crisis Pregnancy Centers

When seeking abortion care, it is important to be aware that crisis pregnancy centers (CPCs) exist and to understand how they differ from abortion clinics. CPCs, also known as “limited service pregnancy centers” or “pregnancy resource centers,” are facilities that may appear to provide health care services - they may offer a pregnancy test or an ultrasound, and they may be staffed by people wearing scrubs - but **they do not provide a full spectrum of reproductive health care services, including abortion. Their intention is to discourage people from seeking abortions, and they may provide false information, try to make people feel guilty about having an abortion, or use intimidation tactics.** Numerous CPCs have even opened up in the immediate vicinity of abortion providers and/or have very similar names in order to intentionally mislead those seeking care.

There are over 120 crisis pregnancy centers in New York. For more information and a map of CPCs in New York, please visit <https://www.protruthny.org/> and <https://nirhealth.org/wp-content/uploads/2015/09/cpcreport2010.pdf>.

≈ Pregnancy Options Counseling ≈

Pregnancy Options Counseling, NYC Health + Hospitals ExpressCare

(718) 360-8981

<https://expresscare.nyc/abortion-care/>

NYC Health + Hospitals offers pregnancy options counseling through its Virtual ExpressCare services. No appointment is required to receive online counseling in a confidential, judgment-free environment. Use the link above to visit Virtual ExpressCare or call (718) 360-8981.

Pregnancy Options Counseling, Planned Parenthood

<https://www.plannedparenthood.org/learn/pregnancy/pregnancy-options>

Planned Parenthood health centers offer pregnancy testing and pregnancy options counseling, where professionals give you accurate, non-judgmental information about all of your options, answer your questions, and offer support.

Unsure About Your Pregnancy? A Guide to Making the Right Decision for You

<https://prochoice.org/patients/pregnancy-options/>

The National Abortion Federation (NAF) developed this online booklet to help people who are pregnant and struggling with deciding what to do. The booklet does not encourage individuals to choose parenthood, adoption, or abortion – it offers ideas to help individuals become clear about their thoughts and feelings.

≈ Abortion & Medical Information Resources ≈

Abortion Information

New York State Department of Health – Abortion Services

https://www.health.ny.gov/health_care/abortion_services/

This New York State Department of Health webpage provides a variety of information and resources to help with accessing family planning, pregnancy options counseling, abortion care, and mental health support for people in New York.

New York City Health Department – Abortion

<https://www.nyc.gov/site/doh/health/health-topics/abortion.page>

This New York City Health Department webpage provides an overview of the right to abortion in New York and resources to help people understand their pregnancy options and how to access abortion care if that is the option they choose.

Comparison of Early Abortion Options

<https://rhedi.org/comp-early-abortion-options/>

This resource was developed by Reproductive Health Education in Family Medicine (RHEDI) and provides a helpful comparison chart of early abortion options, along with answers to frequently asked questions about medication and procedural abortion.

Later Abortion Initiative

(617) 349-0040

lai@ibisreproductivehealth.org

<https://laterabortion.org/>

The purpose of the Later Abortion Initiative (LAI), a project of Ibis Reproductive Health, is to change the conversation around later abortion and the women who need this service. LAI particularly focuses on the increased stigma, challenges, and barriers for women who need abortions after 18 weeks. Visit their website for factual information about later abortion care, read about what to expect when receiving an abortion later in pregnancy, science vs. myths, fact sheets and briefs, as well as other helpful resources.

Charley the Chatbot

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

You can receive private, anonymous, and secure abortion information with Charley the Chatbot, an online chat tool. Chat with Charley to access information about abortion options, clinics near you, how to access abortion pills, and support services.

National Abortion Hotline

(800) 772-9100

<https://prochoice.org/patients/naf-hotline/>

The National Abortion Hotline, operated by the National Abortion Federation (NAF), is a national, toll-free, multilingual Hotline for abortion provider information and financial assistance in the U.S. and Canada. The Hotline provides callers with accurate information, confidential consultation, and information on providers of quality abortion care. The Hotline also provides case management services and limited financial assistance to help callers afford the cost of care and travel-related expenses. The Hotline is free and offers services to everyone, regardless of their individual situation.

Self-Managed Abortion Information

Abortion On Our Own Terms

<https://abortiononourownterms.org/>

Abortion On Our Own Terms provides education resources to learn more about self-managed abortion, raise awareness of legal considerations, and read about others' personal stories to understand why they chose self-managed abortion.

HowToUseAbortionPill

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

HowToUseAbortionPill is an online community run by dedicated individuals who believe that everybody, regardless of where they live, should have access to a safe abortion option. Even though medication abortion is a type of abortion care that is less invasive and can be self-administered at home, there is the potential for questions to arise before, during, and after the process. Visit their website for a wealth of information on taking abortion pills – you will find information about medication abortion; how to use the pill (whether taking mifepristone and misoprostol or misoprostol only); and FAQs on types of abortion pills, contraindications, side effects and complications, future fertility, and other considerations.

Plan C

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

Plan C was started in 2015 and works to transform access to abortion in the U.S. by normalizing the self-directed option of abortion pills by mail. This resource provides evidence-based information to learn about abortion pills, how to find abortion pills, using abortion pills, and other resources.

Medical Information**M+A Hotline**

(833) 246-2632

<https://mahotline.org/>

The Miscarriage and Abortion Hotline provides support and information to people who are going through an abortion or miscarriage – they do not provide abortion pills. Clinicians provide private, free, caring, and accurate information and support. Please visit their website to view helpful information on how to use abortion pills, abortion pills FAQs, information on abortion and miscarriage, additional hotlines, digital security information, and their hotline hours of operation.

Reprocare

(833) 226-7821

<https://reprocare.com/>

Reprocare provides accurate abortion information, caring emotional support, and resources, including a Healthline that offers anonymous peer-based support, medical information, and referrals. You can call or text the Healthline at (833) 226-7821 for support. Please visit the website for additional information.

≈ Abortion Provider Location Resources ≈

New York City Abortion Access Hub

877-NYC-AHUB (877-692-2482)

Live Chat: go to nyc.gov/abortion and click the “Chat With Us” tab in the lower right-hand corner of the webpage (assistance in English and Spanish)

nyc.gov/abortion

The Abortion Access Hub is run by the NYC Health Department. Call the Abortion Access Hub for confidential help with finding abortion providers, scheduling an appointment, getting financial support, and finding transportation and lodging. Assistance is provided regardless of immigration status, and NYC residence is not required. Interpretation services are available.

National Abortion Hotline

(800) 772-9100

<https://prochoice.org/patients/naf-hotline/>

The National Abortion Hotline, operated by the National Abortion Federation (NAF), is a national, toll-free, multilingual Hotline for abortion provider information and financial assistance in the U.S. and Canada. The Hotline provides callers with accurate information, confidential consultation, and information on providers of quality abortion care. The Hotline also provides case management services and limited financial assistance to help callers afford the cost of care and travel-related expenses. The Hotline is free and offers services to everyone, regardless of their individual situation.

Abortion Provider Directories Online

- ⇒ Abortion Finder: <https://www.abortionfinder.org/>
- ⇒ INeedAnA.com: <https://www.ineedana.com/>
- ⇒ National Abortion Federation – Find a Provider: <https://prochoice.org/patients/find-a-provider/>
- ⇒ Planned Parenthood of Greater New York – Find a Health Center: <https://www.plannedparenthood.org/planned-parenthood-greater-new-york>
- ⇒ Later Abortion Initiative: <https://laterabortion.org/access/later-abortion-services%E2%80%94information-referrals-services-clients-and-clinicians>

You can use these online directories to search for abortion providers in New York City and throughout the State using filters to narrow your search based on gestation, type of abortion care, patient age, and virtual vs. on-site care.

≈ Emotional & Spiritual Support Resources ≈

Abortions Welcome

<https://abortionswelcome.org/>

Abortions Welcome was created by pro-choice faith leaders to provide affirming and compassionate spiritual resources that people may need before, during, or after their abortions.

All-Options Talkline

Talkline: (888) 226-7821

<https://www.all-options.org/find-support/talkline/>

The All-Options Talkline is staffed by volunteer peer counselors. If you are pregnant and need to speak to someone for emotional support, you can call the Talkline to speak with volunteer peer counselors. Please visit the website for more information.

Connect & Breathe

(866) 647-1764

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

Connect & Breathe is an after-abortion nonjudgmental talkline. This group creates a safe space to talk about abortion experiences by offering a talkline staffed by people trained to listen and provide unbiased support and encouragement of self-care. Please visit their website for additional information and talkline hours of operation.

Exhale Pro-Voice

Confidential Textline: (617) 749-2948

<https://exhaleprovoice.org/>

You can text Exhale Pro-Voice to receive nonjudgmental after-abortion emotional support from trained peer counselors. Please visit the website for more information, including weekday and weekend hours.

Reprocare

(833) 226-7821

<https://reprocare.com/>

Reprocare provides accurate abortion information, caring emotional support, and resources, including a Healthline that offers anonymous peer-based support, medical information, and referrals. You can call or text the Healthline at (833) 226-7821 for support. Please visit the website for additional information.

≈ Financial Assistance Resources – Abortion Funds ≈

New York Abortion Access Fund (NYAAF)

(212) 252-4757

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

The New York Abortion Access Fund supports New Yorkers and people traveling to New York State to access abortion care through financial assistance, case management, and connections to other resources.

National Abortion Hotline Fund

(800) 772-9100

<https://prochoice.org/patients/naf-hotline/>

The National Abortion Hotline, operated by the National Abortion Federation (NAF), provides limited financial assistance to help callers afford the cost of care and travel-related expenses. The Hotline is free and offers services to everyone, regardless of their individual situation.

Abortion Freedom Fund

(202) 417-8244

Hello@abortionfreedomfund.org

<https://abortionfreedomfund.org/>

The Abortion Freedom Fund is a national abortion fund that only provides funds to help pay for abortion pills by mail. Visit their website, email, or call for more information about their funding criteria.

National Network of Abortion Funds (NNAF)

<https://abortionfunds.org/need-abortion/>

The National Network of Abortion Funds is a network of almost 100 independent abortion funds. NNAF connects individuals in need of financial assistance with abortion funds to help cover the cost of abortion care. Visit the NNAF website for information about Medicaid abortion coverage and other resources.

≈ Financial Assistance Resources – Practical Support Funds ≈

The Brigid Alliance

Info@brigidalliance.org

<https://brigidalliance.org/>

The Brigid Alliance provides funds to individuals who are currently 15 weeks pregnant or more to help cover the practical costs of receiving abortion care, including travel, food, lodging, child care, or other logistical costs. Please visit the website to see additional details and the list of their partner clinics.

Indigenous Women Rising

Contact: <https://www.iwrising.org/contact>

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

Indigenous Women Rising is committed to honoring Native & Indigenous People's inherent right to equitable and culturally safe health options through accessible health education, resources (including their abortion fund), and advocacy.

≈ Legal & Abortion Rights Resources ≈

New York Civil Liberties Union (NYCLU)

NYCLU has developed these helpful resources to provide important information about abortion rights in New York.

- ⇒ Your Rights to Abortion Care in New York: <https://www.nyclu.org/resources/know-your-rights/your-rights-abortion-care-new-york#who-can-provide-abortion-care-and-how-is-care-provided>
- ⇒ Your Rights to Abortion Care in New York State (one-pager): https://assets.nyclu.org/field_documents/kyr-nyabortioncare-onepager-05.06.22.pdf
- ⇒ *Teenagers, Health Care, and The Law: A Guide to Minors' Rights in New York State*: <https://www.nyclu.org/resources/policy/one-pagers/guide-teenagers-health-care-and-law-english-and-spanish>

New York State Attorney General's Reproductive Rights Legal Information & Abortion Hotline

Abortion Hotline: (212) 899-5567

<https://ag.ny.gov/resources/individuals/health-care-insurance/reproductive-rights-abortion-legal-new-york>

Visit the Attorney General's Reproductive Rights webpage to learn more about the hotline and for resources on abortion, birth control, insurance and data privacy, and clinic and provider protections. The hotline provides legal information and referrals to New Yorkers who want an abortion, patients who want to travel to New York State for abortion care, people and organizations that provide material support to patients, and New York health care providers. You can call the hotline anytime and a lawyer will call to speak with you at no charge.

Repro Legal Helpline

(844) 868-2812

<https://reprolegalhelpline.org/>

The Repro Legal Helpline is a project of If/When/How. Helpline representatives answer legal questions about abortion, pregnancy loss, and birth – no matter your age. You can also visit their website to view a breakdown of abortion laws by state. You can speak with a lawyer by calling the Helpline at (844) 868-2812, or you can complete a secure form on their website.

Pregnancy Justice

(212) 255-9252

<https://www.pregnancyjusticeus.org/get-help/>

Pregnancy Justice protects and advances pregnant people's bodily autonomy and rights by defending those who have been criminalized, advocating for proactive policy and legal change, and shifting the public narrative. They defend people who face investigation, arrest, or detainment related to any pregnancy outcome or were forced to have a surgery because of pregnancy. They focus on the most vulnerable, including women and people who are poor, of color, with disabilities, do not conform to gender binary stereotypes, and/or use drugs.

≈ Privacy & Data Safety Resources ≈

Digital Security Information

<https://mahotline.org/digitalsecurity>

This resource, provided by M+A Hotline, walks you through different aspects of how to protect your digital privacy, and includes “to-do lists” and resources to guide you through the process.

How Do I Protect My Privacy If I’m Seeking an Abortion?

<https://themarkup.org/the-breakdown/2024/11/14/privacy-guide-go-incognito>

This resource, which is provided by The Markup, includes helpful information and tips for how individuals seeking an abortion can protect their privacy.

Keep Your Abortion Private & Secure

<https://digitaldefensefund.org/ddf-guides/abortion-privacy>

This Digital Defense Fund webpage provides information about different security-related threats related to obtaining abortion care, along with security tips to neutralize each threat.

Surveillance Self-Defense

<https://ssd EFF.org/>

Electronic Frontier Foundation (EFF) has been working to protect online privacy for over 30 years. Surveillance Self-Defense is their expert guide to protecting yourself and your friends from online spying. This resource includes basic information about how online surveillance works, tool guides on software that protects privacy, and security scenarios. Visit their online resource to learn more and to find the information that you need.

Your Practical Guide to Online Privacy

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

INeedAnA.com has partnered with the Digital Defense Fund to develop a list of quick tips for how to minimize your digital footprint and increase your privacy. Information is also provided about considerations related to using a credit card to pay for abortion care, use of one’s health insurance, and use of a period app.

≈ Additional Resources ≈

Self-Care for Before, During, + After Your Abortion - A Zine by the Doula Project

<https://static1.squarespace.com/static/57f7026fb3db2bbcce92abb3/t/5811796029687f04802e8180/1477540212493/DIYDoulaZine.pdf>

This zine, or booklet, was developed by the Doula Project for anyone getting an abortion. The zine includes a variety of informational, inspirational, therapeutic, and self-care tools to help people before, during, and after having an abortion.

Shout Your Abortion (SYA)

shoutyourabortion@gmail.com

<https://shoutyourabortion.com/>

The Shout Your Abortion website includes a variety of resources for people seeking an abortion, including help with: at-home abortion, locating clinics, financial assistance, and logistic, emotional, and legal support.

Accessing Contraception in New York

Access to contraception is fundamental to reproductive health and preventing unplanned pregnancy, including teen pregnancy. The State of New York is committed to protecting and expanding access to a full range of contraceptive options, including emergency contraception.

What types of contraception are available?

There is a wide selection of safe and effective contraceptives available, which is important because birth control is most effective when people are able to choose the type of contraception that works best for them. Common types of birth control include: condoms and internal condoms; birth control pills and patches; intra-uterine device (IUD), birth control implant, shot, or vaginal ring; diaphragm, birth control sponge, cervical cap, and spermicide and gel; sterilization and vasectomy; and natural methods such as abstinence, withdrawal, breastfeeding, and fertility awareness.

Birth control methods vary by:

- Whether they require a prescription from a health care provider – for example, condoms and the Opill do not require a prescription;
- Effectiveness at preventing pregnancy;
- How often they need to be used – for example, every time before sex, used on a schedule, or a long-term implanted device;
- Whether they are a type of hormonal birth control, such as the pill;
- Whether they help with period regulation;
- How they are administered – for example, taken orally, injected, implanted, inserted, or adopted as a lifestyle; and
- Whether they help to prevent sexually transmitted diseases (STDs).

To learn more about how these forms of birth control work and to help decide which one is best for you, please visit the following resources:

- **Planned Parenthood’s Birth Control Comparison Tool:** learn more about and compare contraceptive options: <https://www.plannedparenthood.org/learn/birth-control>, and
- **Bedsider’s Explore and Compare Birth Control Options:** <https://www.bedsider.org/birth-control>

What is emergency contraception?

Emergency contraception (EC), also known as the “morning after pill,” is taken to prevent pregnancy by delaying ovulation after having unprotected sex. EC pills are available over the counter and by prescription. Certain IUDs can also be used as emergency contraception.

- Over-the-counter EC pills, such as “Plan B,” “Next Choice,” “One Dose,” and “My Way” must be taken within five days of having unprotected sex to prevent pregnancy, but will be most effective if taken within three days or sooner. Over-the-counter EC pills may not work for people who weigh over 165 pounds.
- Prescription EC pills, known as ella, are the most effective EC pills. Ella must also be taken within five days of having unprotected sex to prevent pregnancy, but it will be most effective if taken sooner. Ella will not work as well for individuals who weigh more than 195 pounds.
- Paragard, Mirena, and Liletta IUDs must be inserted within five days of having unprotected sex in order to prevent pregnancy. These IUDs are the most effective method of emergency contraception, whether they are inserted within one day or five days. Effectiveness is not impacted by a person’s weight.

For additional information about emergency contraception, please visit the following resources:

- **Bedsider – What Is Emergency Contraception?:** https://www.bedsider.org/birth-control/emergency_contraception
- **Bedsider – What Is the Prescription-Only EC Pill (ella)?:** https://www.bedsider.org/birth-control/ec_ella_pill
- **Planned Parenthood – Emergency Contraception:** <https://www.plannedparenthood.org/learn/morning-after-pill-emergency-contraception>

Where can I get birth control and emergency contraception?

You can get birth control and emergency contraception online or at retail locations, health centers, and family planning clinics, or through your health care provider, depending on whether a prescription or an in-person appointment is required. Many of the telehealth medication abortion providers listed in the *Abortion Providers* section of this guide also provide certain types of contraception. Please contact the provider or visit their website for more information.

- **The Opill (over the counter):** The Opill is a daily oral contraceptive pill that is FDA-approved for use without a prescription. This birth control pill may be purchased over the counter at Walmart, Target, CVS, and Walgreens, as well as online through:

⇒ **The Opill website:**

https://opill.com/products/opill?variant=48920420286768&cstrackid=3669e5fd-5fb7-4d46-8c21-ae12e4c7b31c&utm_source=Opill&utm_medium=ChannelSight&utm_campaign=button&utm_content=3669e5fd-5fb7-4d46-8c21-ae12e4c7b31c; and

⇒ **Amazon.com:**

https://www.amazon.com/dp/B0CJYJYP65/?language=en_US&cstrackid=1b4d92b2-2096-4de7-bdba-a4b05098e625&tag=perrigo_opill_csus-20&th=1.

- **Male Condoms:** May be purchased at retail pharmacies, grocery stores, and bodegas, and they are distributed at no charge at select locations in the five boroughs. Visit the **New York City Health Map** to find free distribution sites: <https://a816-healthpsi.nyc.gov/NYHealthMap/ServiceCategory/FreeSaferSexProducts>
- **Birth Control (prescription):** Prescription birth control is available from online providers, health centers, family planning clinics, or through your health care provider, depending on the type of birth control and whether an in-person appointment is necessary.

Certain methods of prescription contraception, such as the birth control pill, patch, or ring can be obtained from online providers or at local health care centers and family planning clinics, or through your health care provider.

Other types of prescription contraception, such as the IUD and birth control implant, require an in-person appointment to have the contraceptive device inserted.

Please visit the following online directories to find online and local providers where you can get these different types of prescription birth control:

⇒ **Bedsider – Find a Health Center or Get Birth Control Online:**

<https://www.bedsider.org/find-health-care>

⇒ **Planned Parenthood – Schedule an Appointment for Virtual and In-Person Birth Control Services:** Schedule an appointment online at

<https://www.plannedparenthood.org/planned-parenthood-greater-new-york/get-care/our-services>, or call (800) 230-7526.

- **Emergency Contraception (EC) Pills:** Over-the-counter EC pills are available from online providers and at pharmacies, grocery stores, health centers, and family planning clinics without a prescription. Prescription EC pills, brand name ella, are available from online providers and at health centers and family planning clinics, or through your health care provider. Please refer to the information provided above to determine if over-the-counter or prescription EC pills are more appropriate for you.

Use the following resources to find online providers and health centers where you can get emergency contraception pills:

⇒ **Bedsider – Find a Health Center or Get Emergency Contraception Online:**

<https://www.bedsider.org/find-health-care>.

⇒ **Planned Parenthood – Schedule a Virtual or In-Person Appointment for Emergency Contraception Services:** Schedule an appointment online at

<https://www.plannedparenthood.org/planned-parenthood-greater-new-york/get-care/our-services> or call (800) 230-7526.

For free or low-cost birth control and emergency contraception, the following resources are available:

Visit one of the New York City Health Department's Sexual Health Clinics:

<https://www.nyc.gov/site/doh/services/sexual-health-clinics.page>

Teens and adults can search the NYC Health Map for clinics that provide birth control:

<https://a816-healthpsi.nyc.gov/NYCHHealthMap/ServiceCategory/SexualHealthServices>

Search the NYC Health Map for free condoms and other sexual health services:

<https://a816-healthpsi.nyc.gov/NYCHHealthMap/ServiceCategory/FreeSaferSexProducts>

Call 311

Is contraception covered by insurance?

Yes, under federal and New York State law, commercial and Marketplace plans, as well as New York State Medicaid and the Essential Plan, are required to cover contraception with no copay. Contraception, including emergency contraception, purchased over the counter is not required to be covered by insurance. If you are interested in getting an IUD or birth control implant, please confirm with your health insurance provider whether costs for insertion and removal will be covered.

If you are uninsured, privately insured, or covered by Child Health Plus, and you are not enrolled in Medicaid, you may be eligible to enroll in the **Family Planning Benefit Program**, a free and confidential program offered by New York State, which provides family planning services to teens and adults who meet eligibility requirements. Please see the Family Planning Benefit Program brochure for additional information about the program and eligibility criteria, and how to apply at:

<https://www.nyc.gov/assets/ochia/downloads/pdf/family-planning-brochure.pdf>. You can also go to a Family Planning Program site to receive an application and enrollment assistance. A list of Family Planning Program sites is available at:

https://www.health.ny.gov/community/pregnancy/family_planning/program_sites.htm.

Do minors need the consent of a parent or guardian to receive contraception?

Minors do not require their parent or guardian's consent to obtain contraception if they are able to provide informed consent. As mentioned previously, providing informed consent means that a minor is able to make a decision about their health when they fully understand their medical condition, as well as the risks and benefits to receiving or not receiving medical services.

For additional details, please see New York Civil Liberties Union's publication, *Teenagers, Health Care, and The Law: A Guide to Minors' Rights in New York State* at:

<https://www.nyclu.org/resources/policy/one-pagers/guide-teenagers-health-care-and-law-english-and-spanish>.

Abortion Providers

If you would like assistance with finding an abortion provider or looking into financial assistance, please contact the **New York City Abortion Access Hub** at 877-NYC-AHUB (877-692-2482) or the **National Abortion Hotline** at (800) 772-9100. Both hotlines are toll-free and interpretation services are available. Please see the *Abortion Resources* section above for additional details. The following is a listing of telehealth medication providers that you can contact to receive abortion pills by mail, and abortion providers in New York City that offer on-site abortion services early and later in pregnancy.

Please keep in mind that certain abortion providers do not offer abortion services for individuals under the age of 18, provide abortion services up to a certain point in pregnancy, or only perform certain abortion procedures. Please contact the abortion provider to confirm specific details about their abortion services.

Many of the providers listed below accept commercial health insurance or New York State Medicaid, offer sliding scale fees, or work with abortion funds if you need financial support to help cover the costs of abortion care. Insurance plans that are regulated by New York State Insurance law are required to cover abortion services – please see the *Accessing Abortion Care in New York* section above for additional details. If you intend to use your health insurance, make sure to confirm that your policy covers abortion services, and that the abortion provider will accept your insurance as an in-network provider.

≈ Telehealth Medication Abortion Providers ≈

Abortion On Demand

(425) 200-4419

<https://abortionondemand.org/>

Abortion on Demand offers medication abortion up to 10 weeks of pregnancy for individuals who speak Spanish and/or English and are age 18 or above. Individuals must be in New York for the video visit and provide a mailing address in New York. While no forms of insurance are accepted, financial assistance is available for patients with financial need. The \$0-\$389 fee includes a consultation with a board-certified clinician, the medication abortion kit, overnight shipping, 24/7 call service, follow-up texts, an after-pregnancy test, and coordination of aftercare if needed. Please visit their website for additional details, including up-to-date fee information and helpful FAQs about medication abortion.

Abortion Telemedicine

Info@abortiontelemedicine.com

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

Abortion Telemedicine offers medication abortion up to 13 weeks of pregnancy for individuals who have a mailing address in New York. The \$199 fee covers the video chat with a health care provider, the abortion pills if appropriate, and 1-3 business day shipping. Optional add-ons are available for faster shipping or medications for pain and nausea. No forms of insurance are accepted. Patients are provided a receipt for the video chat, which you can submit to your health insurance company for possible reimbursement. Please visit their website for additional details, including up-to-date fee information and FAQs.

Abuzz

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

Request a medication abortion: <https://www.abuzzhealth.com/form/>

Abuzz offers medication abortion for individuals who are less than 13 weeks pregnant, based on the first day of their last menstrual period, as well as abortion pills for future use. To request a medication abortion, patients complete an online form using the link above. Upon receipt of email instructions, the patient is connected with a provider, makes payment, and completes the request. If the patient is eligible to receive a medication abortion, the abortion pills are mailed. The \$150 fee includes review of eligibility, the abortion pills, 1-5 business day shipping, and support. No forms of insurance are accepted, but patients who are unable to afford the fee may indicate the need for a reduced fee on the form. Please visit their website for additional details, including up-to-date fee information and FAQs.

carafem

(855) 729-2272

info@carafem.org

<https://carafem.org/>

carafem offers medication abortion via telehealth up to 11 weeks of pregnancy for individuals who have a mailing address in New York. carafem offers sliding scale fees and partners with abortion funds to help ensure cost is not a barrier to care. Health insurance is not accepted. The fee ranges between \$0-\$399 (most pay \$225 or less) depending on your income and eligibility for financial support. This covers evaluation of medical eligibility, a private and discreet medication abortion kit, 24/7 text-based medically accurate support, and 1-4 business day shipping. The medication abortion kit includes abortion pills, medications for pain and nausea, pads, a pregnancy test, and a hot pack. Cara, the virtual care assistant, provides shipping notifications, step-by-step instructions, automatic reminders, answers to your questions 24/7, and follow-up care. Please visit their website for additional details, up-to-date fee information, and FAQs.

Early Options

(212) 431-8533

info@earlyoptions.com

<https://earlyoptions.com/>

Early Options offers medication abortion up to 10 weeks of pregnancy for individuals who have a mailing address in New York. The \$700 fee covers a video chat or in-person consultation with the physician, an ultrasound if needed, the medication abortion kit, shipping, and follow-up care if needed. The medication kit includes the abortion pills and pain and nausea medication. Pain and anxiety medications can also be prescribed for pickup at your local pharmacy. No forms of insurance are accepted; however, Early Options partners with select abortion funds which may provide financial assistance. Please visit their website for additional details, up-to-date fee information, and FAQs.

Hey Jane

Info@heyjane.co

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

Hey Jane offers medication abortion up to 10 weeks of pregnancy for individuals in New York who are age 18 or above and medically eligible, regardless of immigration status. Select health insurance plans are accepted. Hey Jane also offers sliding scale fees based on annual income for individuals who pay out of pocket. Additional financial assistance may be provided by abortion funds with whom Hey Jane partners. The fee for medication abortion with Hey Jane includes a consultation, follow-up, and aftercare; abortion pills, anti-nausea medication, and ibuprofen or Tylenol for pain; a clinical team for support; and shipping. Please contact Hey Jane for more information about the fee and visit their website for additional details, including facts and FAQs.

Juniper Midwifery

Send a text to: (347) 201-0721

<https://junipermidwifery.com/>

Juniper Midwifery offers medication abortion up to 11 weeks of pregnancy for individuals with a mailing address in New York. To request abortion pills, complete the online intake form, receive follow-up care by text or secure message, provide payment, and pick up the medications at a local CVS pharmacy or receive the medications by mail. The fee is either: \$50 for care with Juniper Midwifery plus the cost of having the medications filled at CVS, or \$100 for care and shipping costs to receive the abortion pills by mail. No forms of insurance are accepted; however, sliding scale fees are available for patients with financial need. Please visit their website for additional details, including up-to-date fee information and FAQs on everything you need to know about medication abortion and receiving care from Juniper Midwifery.

Pills by Post

Call or Text: (872) 201-3000

Support@pillsbypost.com

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

Pills by Post offers medication abortion up to 12 weeks of pregnancy for individuals with a mailing address in New York. The \$150 fee includes a consultation to review medical eligibility, the abortion pills, and shipping. No forms of insurance are accepted, but Pills by Post does offer financial support. Once you have completed the online intake forms and consents, please email Pills by Post at support@pillsbypost.com to request financial assistance. Please visit their website for additional details, including up-to-date fee information and FAQs.

SameDayAbortionPills

(888) 657-5262

<https://samedayabortionpills.com/>

SameDayAbortionPills.com offers medication abortion up to 10 weeks of pregnancy for individuals who have a mailing address in New York. The fee for medication abortion is \$250 for the telehealth appointment and \$85-\$100 for the abortion pills, pain medication, nausea medication, and shipping, or you can opt to pick up the medications at a local CVS or Walgreens pharmacy and use your health insurance to cover some of the medication costs. The fee also includes support from their team of physicians during and after the medication abortion. There is some funding assistance available through abortion funds if there is financial need. Please visit their website for additional details, including up-to-date fee information.

Sunny

Info@mysunnyhealth.com

<https://mysunnyhealth.com/>

Sunny offers medication abortion up to 11 weeks of pregnancy for individuals with a mailing address in New York. The \$269 fee covers review of medical eligibility by the care team, the medication abortion kit, medical support 24 hours a day, 7 days a week, and standard 3-5 day shipping. Express (1-2 day) shipping is available for an additional fee. The kit includes a detailed timeline and instructions, the abortion medications, medications for pain and nausea, and two pregnancy tests. Financial assistance is available and Sunny accepts New York State Medicaid. Sunny partners with select abortion funds, which may be able to help with the cost of the medication abortion, and it is also possible to arrange a payment plan. For individuals who have New York State Medicaid, the cost of the medication abortion and up to a one-year supply of birth control is completely covered. Please visit their website for additional details, including up-to-date fee information and FAQs.

Twentyeight Health

(929) 352-0060 (available by text only)

Contact@twentyeighthealth.com

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

Twentyeight Health offers medication abortion up to 10 weeks of pregnancy for individuals in New York. The \$245 fee covers an online medical evaluation, a medication abortion kit, 3-5 business day shipping, and ongoing medical and emotional support from their provider team. The kit includes abortion pills, medication for pain and nausea, and a pregnancy test. No forms of insurance are accepted, however, Twentyeight Health partners with select abortion funds that provide financial assistance of up to \$200 to eligible patients. Please visit their website for additional details, up-to-date fee information, and to view their Sex+ Health Guide.

Virtual ExpressCare – Abortion Access, NYC Health + Hospitals ExpressCare

(718) 360-8981

<https://expresscare.nyc/abortion-care/>

Virtual ExpressCare offers medication abortion up to 11 completed weeks of pregnancy for individuals in New York. No appointment is required to receive medication abortion services in a confidential, judgment-free environment, and interpretation services are available in over 200 languages. Many commercial insurance plans, New York State Medicaid, and Medicaid managed care plans are accepted. Please contact Virtual ExpressCare for fee information, to confirm that your health insurance plan is accepted, and to discuss financial assistance options. Please visit their website for additional details about Virtual ExpressCare medication abortion services. Use the link above to visit Virtual ExpressCare or call (718) 360-8981.

Virtual Health Center of PPGNY

(212) 965-7000

<https://www.plannedparenthood.org/health-center/new-york/new-york/10012/virtual-health-center-of-ppgny-vc-3934-91110>

Virtual Health Center of PPGNY is operated by Planned Parenthood of Greater New York and offers medication abortion up to 11 weeks of pregnancy for individuals who are located in New York. The fee ranges from \$200-\$800. Many forms of insurance are accepted, including commercial plans and New York State Medicaid. Individuals who do not have insurance may qualify for a State-funded program or a lower fee scale. Payment plans are also available. Please contact the Virtual Health Center of PPGNY for additional details, up-to-date fee information, and to confirm that your health insurance is accepted.

≈ NYC Sexual Health Clinics ≈

The New York City Health Department provides medication abortion services up to 11 weeks of pregnancy via telehealth and in person at the NYC Sexual Health Clinics listed below. Please call the NYC Sexual Health Clinic Hotline to schedule an in-person appointment or to inquire about telehealth medication abortion services. Walk-ins are also accepted, but please call in advance to confirm hours of operation.

NYC Sexual Health Clinic Hotline: (347) 396-7959

<https://www.nyc.gov/site/doh/services/sexual-health-clinics.page>

Central Harlem Sexual Health Clinic

2238 Fifth Avenue, New York, NY 10037

Jamaica Sexual Health Clinic

90-37 Parsons Boulevard, Queens, NY 11432

Morrisania Sexual Health Clinic

1309 Fulton Avenue, Bronx, NY 10456

After the appointment, you will need to pick up the medication at one of the clinic locations. There is no charge for medication abortion services.

≈ Bronx Abortion Clinics ≈**BronxCare Women's Health Center**

(718) 518-5000

1650 Grand Concourse, 14th Floor, Bronx, NY 10457

<https://www.bronxcare.org/our-services/womens-health/gynecology/>

BronxCare Women's Health Center provides abortion and contraception services. Medication and procedural abortion is offered early and later in pregnancy. BronxCare Health System accepts commercial health insurance plans and Medicaid. Financial assistance may be available if there is financial need. Please call for more information about BronxCare Women's Health Center abortion services, to confirm whether your health insurance plan is accepted, and to discuss financial assistance options if needed.

Dr. Emily Women's Health Center

(718) 585-1010

642 Southern Boulevard, Bronx, NY 10455

<https://www.dremily.net>

Dr. Emily Women's Health Center offers medication abortion within the first 9.4 weeks of pregnancy and procedural abortion through 15-17 weeks of pregnancy, based on a person's health condition. Select commercial insurance plans and Medicaid within the five boroughs are accepted. Dr. Emily Women's Health Center also works with abortion funds that may help to cover the cost of abortion care if there is financial need. Please call to confirm whether your health insurance plan is accepted or to discuss financial assistance options, and call or visit their website for more information about their abortion and IUD services.

Planned Parenthood, The Bronx Center

(212) 965-7000

349 E. 149th Street, 2nd Floor, Bronx, NY 10451

<https://www.plannedparenthood.org/health-center/new-york/bronx/10451/the-bronx-center-2524-91110/abortion>

The Planned Parenthood Bronx Center offers medication abortion up to 11 weeks of pregnancy and procedural abortion up to 15 weeks and six days of pregnancy. The Center accepts many commercial health insurance plans and New York State Medicaid, and offers sliding scale fees if there is financial need. Please visit their website for additional details and call if you are unsure whether your health insurance is accepted.

≈ Brooklyn Abortion Clinics ≈

Brooklyn Abortion Clinic

14 DeKalb Avenue, 4th Floor, Brooklyn, NY 11201

(718) 369-1900

<https://www.brooklynabortionclinic.nyc/>

Brooklyn Abortion Clinic offers medication abortion up to eight weeks of pregnancy and procedural abortion up to 24 weeks of pregnancy. Commercial health insurance, Medicaid, and Family Health Plus are accepted. Please call to confirm that Brooklyn Abortion Clinic accepts your health insurance plan. If uninsured, you can apply for Emergency Medicaid at their center, and special discounted fees are also available for uninsured patients. Please visit their website for more information about their abortion services and the cost of care.

Planned Parenthood, Joan Malin Brooklyn Health Center

(212) 965-7000

44 Court Street, 4th Floor, Brooklyn, NY 11201

<https://www.plannedparenthood.org/health-center/new-york/brooklyn/11201/joan-malin-brooklyn-health-center-2522-91110>

The Planned Parenthood Joan Malin Brooklyn Health Center offers medication abortion up to 11 weeks of pregnancy and procedural abortion up to 15 weeks and six days of pregnancy. Many commercial health insurance plans and New York State Medicaid are accepted, and the Health Center offers sliding scale fees. Please visit their website for additional details and call if you are unsure whether your health insurance is accepted.

≈ Manhattan Abortion Clinics ≈

Early Options

(212) 431-8533

124 East 40th Street, Suite 702, New York, NY 10016

Info@earlyoptions.com

<https://earlyoptions.com/>

Early Options offers in-clinic abortion services, including medication abortion up to 10 weeks of pregnancy and the SofTouch Method (manual aspiration procedure) up to 12 weeks of pregnancy. The procedure involves a level of pain and discomfort that can be managed with pain medication instead of sedation or anesthesia. Patients may have a companion with them in the room during the procedure. At this time, no form of insurance is accepted. Please call to inquire about the fees for abortion services. Early Options does provide a receipt so that patients may submit a claim to their health insurance provider. Sliding scale fees are available, and Early Options works with select abortion funds that may be able to cover some of the cost if there is financial need. Please visit their website for more information, including up-to-date insurance information and other details.

Parkmed NYC

(332) 334-7773

800 2nd Avenue, Suite 605, New York, NY 10017

<https://parkmed.com/>

Parkmed NYC offers medication abortion up to 10 weeks of pregnancy, procedural abortion services up to 27.6 weeks of pregnancy electively, and further on a case-by-case basis. Abortion procedures are available later in pregnancy, both by labor induction and Laborless Abortion® in an outpatient setting. Different sedation and anesthesia options are available. Parkmed accepts most private and Marketplace health insurance plans, as well as New York State Medicaid, and provides assistance with Medicaid enrollment if needed. Parkmed also partners with abortion funds to help cover the costs of care if there is financial need. Please call to confirm that your health insurance plan is accepted and to discuss financial assistance options if needed. Please visit their website for additional details about Parkmed's abortion and contraceptive services, and visit this webpage to learn more about Laborless Abortion®: <https://parkmed.com/laborless-abortion/>.

≈ Queens Abortion Clinics ≈

All Women's Medical of Queens

(718) 793-1943

120-34 Queens Boulevard, Suite 420, Kew Gardens, NY 11415

<https://nyabortion.com/>

All Women's Medical of Queens offers medication abortion up to 10 weeks of pregnancy and procedural abortion up to 24 weeks of pregnancy. The Gentle Touch Procedure (manual aspiration) is provided up to 10 weeks of pregnancy using local anesthesia. Other procedures are provided from 10 to 24 weeks of pregnancy. All Women's Medical of Queens accepts many commercial health insurance plans, as well as Medicaid, and financial assistance may be available through abortion funds. Please call to confirm that your health insurance is accepted, and visit their website for additional information about their abortion services and financial assistance.

CHOICES Women's Medical Center

(718) 786-5000

147-32 Jamaica Avenue, Queens, NY 11435

<https://choicesmedical.com/>

CHOICES Women's Medical Center has been providing abortion care since 1971. CHOICES offers medication abortion up to 10 weeks of pregnancy and procedural abortion up to 24 weeks of pregnancy, no matter your personal circumstances, your income, or your age. General anesthesia and deep sedation are available. Commercial health insurance and New York State Medicaid are accepted. If you are uninsured, you can apply for Emergency Medicaid in their office for an abortion the same day. If you are uninsured and do not qualify for Emergency Medicaid, CHOICES also works with abortion funds that may provide financial assistance when there is financial need. Please call to confirm that your health insurance is accepted, and visit their website for additional information about their abortion services and options to cover the cost of care.

Planned Parenthood, Diane L. Max Health Center

(212) 965-7000

21-41 45th Road, Queens, NY 11101

<https://www.plannedparenthood.org/health-center/new-york/queens/11101/diane-l-max-health-center-4184-91110>

The Planned Parenthood Diane L. Max Health Center offers medication abortion up to 11 weeks of pregnancy and procedural abortion up to 15 weeks and six days of pregnancy. Many commercial health insurance plans and New York State Medicaid are accepted, and the Health Center offers sliding scale fees if there is financial need. Please visit their website for additional details.

≈ Hospitals & Hospital-Based Abortion Centers ≈

ColumbiaDoctors Family Planning

(212) 305-9368

<https://www.columbiadoctors.org/specialties/obstetrics-gynecology/our-services/family-planning>

ColumbiaDoctors Family Planning offers abortion, miscarriage management, and contraception services. Select commercial health insurance plans and New York State Medicaid are accepted. If you do not have insurance, they can help with a payment plan. Please call for more information about their abortion services and to confirm that your health insurance plan is accepted.

Maimonides Medical Center

(718) 283-8959

4802 Tenth Avenue, Brooklyn, NY 11219

<https://maimo.org/epac-early-pregnancy-assessment-center/>

Maimonides Medical Center provides pregnancy options counseling, abortion, miscarriage management, and contraception services. Medication abortion is offered up to 11 weeks of pregnancy and procedural abortion is offered up to 24 weeks of pregnancy. Maimonides Medical Center accepts many commercial health insurance plans, New York State Medicaid, Medicaid managed care plans, and the Essential Plan. If you are uninsured or underinsured, you may be eligible for financial assistance or support from abortion funds to help cover the cost of care. Please call (718) 283-8959 for more information about the Center's abortion services, to confirm that your health insurance plan is accepted, and to discuss financial assistance options if needed.

Montefiore Medical Center

(718) 405-8260

1695 Eastchester Road, Suite 302, Bronx, NY 10461

<https://montefioreeinstein.org/patient-care/services/womens>

Montefiore Medical Center provides abortion and contraception services. Medication abortion is offered up to 10 weeks of pregnancy and procedural abortion is offered up to 20 weeks of pregnancy. Montefiore Einstein accepts many commercial health insurance plans and Medicaid. If you are uninsured, financial services counselors can help to determine if you are eligible for Medicaid, Child Health Plus, or a Marketplace health insurance plan. Payment plans and reduced fees based on income and family size may also be available if there is financial need. Please call (718) 405-8260 for more information about Montefiore Medical Center's abortion services, to confirm that your health insurance plan is accepted, and to discuss financial assistance options if needed.

Mount Sinai

Main Number: (800) 637-4624

<https://www.mountsinai.org/care/obgyn/services/family-planning>

Mount Sinai provides medication abortion and procedural abortion services. Medication abortion is offered up to 10 weeks of pregnancy, and procedural abortion is offered up to 26 weeks of pregnancy or beyond for patients who are experiencing severe maternal or fetal conditions. A variety of pain management options are available. Mount Sinai accepts many private insurance plans, New York State Medicaid, Medicaid managed care plans, and the Essential Plan. If you are uninsured, financial assistance may be available and Mount Sinai works with abortion funds, which might be able to help cover the cost of abortion care. Please call to confirm that your health insurance is accepted or to ask for more information about financial assistance options. Call or visit their website for more information about Mount Sinai's abortion, miscarriage management, and contraception services.

- ⇒ Mount Sinai Doctors, 50 West 77th Street, 1st Floor, New York, NY 10024 | (646) 628-7792
- ⇒ Mount Sinai Hospital, 1 Gustave L. Levy Place, New York, NY 10029-6574 | (212) 241-4569
- ⇒ Mount Sinai Morningside, 1111 Amsterdam Avenue, New York, NY 10025 | (646) 628-7792
- ⇒ Mount Sinai West, 1000 Tenth Avenue, 2nd Floor 2H, New York, NY 10019 | (646) 628-7792

Northwell Health

(888) 321-3627

<https://www.northwell.edu/obstetrics-and-gynecology/treatments/family-planning-and-contraception>

Northwell Health provides medication and procedural abortion, miscarriage management, contraception, and IUD/contraceptive implant services. Medication abortion is offered up until 11 weeks of pregnancy, and procedural abortion is offered up to 26 weeks of pregnancy for any reason and beyond if there are severe maternal health conditions or fetal anomalies. Procedures include suction aspiration and dilation and evacuation (D&E). Local anesthesia, oral pain-relieving medications, and anesthesia are available, depending on the procedure. Northwell Health accepts select commercial health insurance plans, Medicaid, and the Essential Plan. Financial assistance and support from abortion funds may be available if there is financial need.

Please call (888) 321-3627 or one of the Family Planning locations listed below to schedule an appointment or for more information about Northwell Health's abortion services, to confirm that your health insurance plan is accepted, and to discuss financial assistance options if needed.

Northwell Health Family Planning Locations in New York City:

- ⇒ Northwell Health Physician Partners Obstetrics and Gynecology at East 64th Street
225 E. 64th Street, LL Suite B, New York, NY 10065 | (646) 905-3900
- ⇒ Northwell Health Physician Partners Obstetrics and Gynecology at 69th Street
220 E. 69th Street, Ground Level, New York, NY 10021 | (212) 288-3080

- ⇒ Northwell Health Physician Partners Obstetrics and Gynecology at Kew Gardens
80-02 Kew Gardens Road, Suite 403, Kew Gardens, NY 11415 | (929) 485-0350
- ⇒ The Center for Women's Health
440 Seaview Avenue, Staten Island, NY 10305 | (718) 226-6550

Northwell Health Hospitals in New York City:

- ⇒ Lenox Hill Hospital, 100 E. 77th Street, New York, NY 10075 | (212) 434-2000
- ⇒ Staten Island University Hospital, 475 Seaview Avenue, Staten Island, NY 10305
(718) 226-9000

NewYork-Presbyterian (NYP)

Call for an appointment: (877) 697-9355

<https://www.nyp.org/womens/pregnancy-and-birth/family-planning>

NYP provides medication and procedural abortion services. Procedural abortion is offered up to 23 weeks and six days without restrictions and beyond 24 weeks of pregnancy for approved medical reasons. NYP accepts many commercial health insurance plans, New York State Medicaid, Medicaid managed care plans, and the Essential Plan. If you are uninsured, NYP provides assistance with enrolling in Medicaid and offers sliding scale fees and self-pay discounts, and abortion funds may be able to provide help with covering the cost of abortion care as well. Please call to confirm that your health insurance is accepted and to ask for more information about financial assistance options. Visit their website for more information about NYP abortion, pregnancy testing and counseling, miscarriage management, and contraception services.

- ⇒ NYP Brooklyn Methodist Hospital, 506 6th Street, Brooklyn, NY 11215
(718) 780-3000 *Main* | (718) 499-2273 *Physician Referral*
- ⇒ NYP Allen Hospital, 5141 Broadway (at 220th Street), New York, NY 10034
(212) 932-4000 *Main* | (866) 697-2553 *Find a Doctor*
- ⇒ NYP/Columbia University Irving Medical Center, 622 West 168th Street, New York, NY 10032
(212) 305-2500 *Main* | (866) 697-2553 *Find a Doctor*
- ⇒ NYP Lower Manhattan Hospital, 170 William Street, New York, NY 10038
(212) 312-5000 *Main*
- ⇒ NYP/Weill Cornell Medical Center, 525 East 68th Street, New York, NY 10065
(212) 746-5454 *Main*
- ⇒ NYP Queens, 56-45 Main Street, Flushing, NY 11355
(718) 670-2000 *Main* | (800) 282-6684 *Physician Referral*

NYC Health + Hospitals

Call for an appointment: (844) 692-4692

<https://www.nychealthandhospitals.org/services/abortion-care/>

There are 11 NYC Health + Hospitals acute care facilities throughout New York City that provide medication and procedural abortion services. Medication abortion is offered up to 11 completed weeks of pregnancy, and procedural abortion is offered within the parameters outlined by New York State law. Local anesthetic, oral or injectable medications, moderate sedation, and deep sedation and general anesthesia are available forms of pain management, based on the abortion procedure.

NYC Health + Hospitals accepts many commercial health insurance plans, New York State Medicaid, and Medicaid managed care plans. If you are uninsured or unable to use your insurance, financial counselors can help you enroll in Medicaid; provide assistance with getting funding from abortion funds to help cover the cost of care; or connect you to NYC Care, a health care access program that guarantees low-cost and no-cost services to New Yorkers who do not qualify for or cannot afford health insurance, regardless of immigration status.

Please call (844) 692-4692 to schedule an appointment for abortion care and to confirm that your health insurance plan is accepted. Visit their website for additional information about NYC Health + Hospitals abortion services.

- ⇒ NYC Health + Hospitals/Jacobi, 1400 Pelham Parkway South, Bronx, NY 10461
- ⇒ NYC Health + Hospitals/Lincoln, 234 East 149th Street, Bronx, NY 10451
- ⇒ NYC Health + Hospitals/North Central Bronx, 3424 Kossuth Avenue, Bronx, NY 10467
- ⇒ NYC Health + Hospitals/Kings County, 451 Clarkson Avenue, Brooklyn, NY 11203
- ⇒ NYC Health + Hospitals/South Brooklyn Health, 2601 Ocean Parkway, Brooklyn, NY 11235
- ⇒ NYC Health + Hospitals/Woodhull, 760 Broadway, Brooklyn, NY 11206
- ⇒ NYC Health + Hospitals/Bellevue, 462 1st Ave., New York, NY 10016
- ⇒ NYC Health + Hospitals/Harlem, 506 Lenox Ave., New York, NY 10037
- ⇒ NYC Health + Hospitals/Metropolitan, 1901 First Avenue, New York, NY 10029
- ⇒ NYC Health + Hospitals/Elmhurst, 79-01 Broadway, Elmhurst, NY 11373
- ⇒ NYC Health + Hospitals/Queens, 82-68 164th Street, Queens, NY 11432

NYU Langone Health

(929) 455-2500

<https://nyulangone.org/care-services/obstetrics-gynecology/family-planning-services>

NYU Langone provides medication and procedural abortion services. Medication abortion is offered up to 11 weeks of pregnancy. Procedural abortion is offered up to 26 weeks and six days of pregnancy for any indication or beyond for severe maternal health conditions or fetal anomalies. Procedures include suction aspiration, dilation and curettage (D&C), and dilation and evacuation (D&E). Local anesthesia and deep sedation are available, based on the patient's preference, their medical history, and duration of pregnancy.

NYU Langone accepts many commercial health insurance plans, New York State Medicaid, Medicaid managed care plans, and the Essential Plan. Please call to confirm that your health insurance plan is accepted or to discuss financial assistance options. Please visit their website for more information about NYU Langone abortion, miscarriage management, pregnancy counseling, and birth control services.

To make an appointment for an abortion, you can call:

- The main family planning scheduling phone number at (929) 455-2500;
- NYU Langone Obstetrics and Gynecology Associates in Manhattan at (646) 754-2700; or
- NYU Brooklyn – Joseph S. & Diane H. Steinberg Ambulatory Care Center in Brooklyn at (347) 417-8269.

Family Planning Locations in New York City:

- ⇒ NYU Langone Obstetrics and Gynecology Associates, 159 E. 53rd Street, 4th Floor, New York, NY 10022 | (646) 929-7870
- ⇒ Joseph S. & Diane H. Steinberg Ambulatory Care Center-Cobble Hill, 70 Atlantic Avenue, 2nd Floor, Brooklyn, NY 11201 | (347) 417-8269

NYU Langone Hospitals in New York City:

- ⇒ NYU Langone Kimmel Pavilion, 424 E. 34th Street, New York, NY 10016 | (212) 263-7300
- ⇒ NYU Langone Tisch Hospital, 550 First Avenue, New York, NY 10016 | (646) 929-7870
- ⇒ NYU Langone Hospital-Brooklyn, 150 55th Street, Brooklyn, NY 11220 | (718) 630-7000

Weill Cornell Medicine Complex Family Planning

(646) 962-4646

<https://weillcornell.org/services/obstetrics-and-gynecology/complex-family-planning>

Weill Cornell Medicine Complex Family Planning offers medication abortion in the first trimester of pregnancy and procedural abortion through 23 weeks and six days estimated gestation of pregnancy. General anesthesia is available for procedural abortions. Weill Cornell Medicine Complex Family Planning accepts many commercial insurance plans, New York State Medicaid, and the Essential Plan. Please call to confirm that your insurance plan is accepted, and visit their website to see additional information about their abortion, pregnancy testing and options counseling, and birth control services.

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