



CURRENT ABORTION LANDSCAPE: NAVIGATING ACCESS IN AMERICA

ABOUT THIS GUIDE

This resource is designed to clarify the complex and often confusing landscape of abortion access in the United States. The following information is intended to help people understand how to obtain an abortion regardless of laws and location.

WHO THIS GUIDE IS FOR

This toolkit is designed for activists, organizers, community advocates, and anyone eager to educate themselves about the current landscape of access, in order to share accurate information with anyone who may need it.

THIS TOOLKIT IS DIVIDED INTO THREE SECTIONS:

- Types of Abortion and How to Access Them
- Understanding Restrictions
- Resources for Navigating Abortion in THE US



VISIT [INeedAnA.com/US](https://www.ineedanA.com/US)
FOR THE MOST COMPREHENSIVE
STATE-BY-STATE GUIDE TO
ABORTION ACCESS IN THE US.

TYPES OF ABORTION AND HOW TO ACCESS THEM

PROCEDURAL ABORTION

(SOMETIMES ALSO REFERRED TO AS CLINICAL OR SURGICAL ABORTIONS)

A procedural abortion is a medical procedure that ends a pregnancy by removing the contents of the uterus.

It's usually done by a healthcare provider in a clinic or hospital using methods like vacuum aspiration or dilation and evacuation (D&E), depending on how far along the pregnancy is. Each clinic sets its own limits on how far into a pregnancy they will perform an abortion, in accordance with state laws.

The cost for a procedural abortion starts around \$600 and increases as a pregnancy advances. Abortion later in pregnancy can be upwards of \$20,000.

For people in states with restrictions, traveling out of state for care may be an option, though it can be prohibitively expensive. Abortion funds and practical support organizations exist to help cover travel and other related expenses, and provide logistical assistance.

MEDICATION ABORTION

(SOMETIMES REFERRED TO THE “ABORTION PILL”)

A medication abortion involves taking either two medications or one, depending on the method. The two-medication method uses mifepristone, which blocks the hormone necessary for pregnancy to continue, followed by misoprostol, which causes the uterus to contract and expel its contents. Alternatively, misoprostol alone can be used to cause the uterus to empty. Both methods are widely recognized as safe and effective ways to end a pregnancy.

The process of having an abortion with medication takes about 2-3 days in total, though bleeding may continue for weeks afterwards, and is managed at home.

This method is effective within the first 10-12 weeks of pregnancy, though medication abortions are also common later on in other countries, with a different process and experience.

ABORTION MEDICATION CAN BE OBTAINED THROUGH A RANGE OF AVENUES:

At an abortion clinic, the medication typically costs around \$600.

Alternatively, it can be accessed online through licensed telehealth providers, where costs range from approximately \$150 to \$250, many of whom offer sliding scale on request.

There are also online pill retailers which operate from overseas and sell medication for as low as \$35.

Lastly, groups called community networks use a mutual aid model and send pills for free or at a very low cost. Each option provides varying levels of support and accessibility, allowing people to choose the best option for their needs and circumstances.

You can find abortion pill providers online at PlanCPills.org

AT THE TIME OF THIS WRITING, RELATIVELY FEW PEOPLE HAVE BEEN CRIMINALIZED FOR USING ABORTION PILLS, BUT THERE IS AT LEAST SOME RISK ASSOCIATED WITH OBTAINING OR SHARING ABORTION PILLS.

SELF-MANAGED ABORTION (SMA)

With the rise of abortion bans in states across the country, more and more people are self-managing their own abortions. Self-Managed Abortion (SMA) involves taking abortion pills on your own, without direct medical supervision. The process of self-managing an abortion with medication is very similar to what happens when a clinic provides the medication: in both cases, you take misoprostol at home, and the abortion happens at home, not at the clinic.

Depending on where you live, there may be legal risks involved with self-managing your abortion, but those risks are statistically very low, given that research tells us that thousands of people are safely self-managing their abortions every month.

Learn more about your state and assess your own risks by going to the Repro Legal Helpline’s website at ReproLegalHelpline.org.

People who have medical questions or concerns throughout the self-managed abortion process can call or text the **M+A hotline** at 1(833)246-2632, or **Reprocare** at 1-833-226-7821.



REPRO LEGAL
HELPLINE

UNDERSTANDING ABORTION RESTRICTIONS

Abortion is one of the safest and most common medical procedures in the United States, yet it is also the most heavily regulated.

Some state laws restrict or ban abortion based on gestation or method, while others simply make abortion more difficult to obtain or provide, by requiring waiting periods, multiple unnecessary clinic visits, or parental permission. Even before *Roe v. Wade* was overturned, abortion providers were forced to comply with all sorts of pointless regulations, designed to create insurmountable hurdles for both abortion seekers and providers.

Abortion restrictions vary widely and change often. This toolkit isn't about providing a state-by-state legal breakdown—it's about helping you understand that access isn't entirely defined by what the law says.

People in states with bans can still find ways to access abortion through networks and self-managed care, and people in less restrictive states may still face barriers. The goal is to think beyond legal frameworks and focus on practical solutions and real-life strategies that help people navigate access regardless of their state's laws.

Check the laws in your state (and nearby states) by visiting states.guttmacher.org/policies/.



HOW ABORTION RESTRICTIONS IMPACT ACCESS

Abortion is restricted in many parts of the country, making it harder for people to get the care they need. These restrictions don't just limit access to clinics: they also affect things like affordability, availability of services, and people's ability to travel for care. For example, some states have passed laws that make it illegal to help someone get an abortion, while others place strict waiting periods or mandatory counseling requirements that delay care.

Since the overturn of *Roe v. Wade*, the national abortion rate hasn't decreased: in fact, it has [increased](#). This is largely because people have

adapted by finding alternative ways to access care, such as ordering abortion pills by mail. However, it's not just about pills. There are still many challenges, like people having to travel long distances, find funding, or navigate legal risks to get care.

Activist and grassroots networks, like abortion funds, are stepping in to help people access care despite these barriers. These organizations are making sure that even in states with the strictest laws, people can still find the support and resources they need to get an abortion, no matter what their state's laws say.

RECOGNIZING THAT RISKS ARE HIGHER FOR MARGINALIZED COMMUNITIES

As states continue to restrict and ban abortion, the gaps in access are only getting worse, especially for marginalized groups. Marginalized groups not only face the biggest challenges when seeking abortion care, but they are also the first to be criminalized for their pregnancy outcomes, whether these occur in or outside of the healthcare system. This means that the people who are most likely to need to self-manage an abortion because in-clinic access is out of reach are also the most likely to be prosecuted for doing so.

It's critical for people doing abortion advocacy or activism in post-Dobbs US to hold those facts in mind, and use best security practices at all times. We are in particularly uncertain political times, and there is an inherent risk in the work of supporting abortion access. People working in support of access must be mindful of identity while doing this work, in order to do it as safely and responsibly as possible.

THE IMPORTANCE OF DIGITAL SECURITY

Protecting your digital privacy is more important than ever, especially when seeking abortion care or helping others obtain it. Adopting a handful of digital security best practices can help safeguard your personal information and reduce the risk of surveillance or legal consequences.

Whether you're searching for information, communicating with support networks, sharing information with your loved one or seeking care, it's critical to use secure, encrypted platforms and be cautious with your digital footprint. We encourage everyone to familiarize themselves with [Digital Defense Fund's Guide to Abortion Privacy](#) or our [toolkits on Security for Abortion Seekers](#) and activists.

KNOW YOUR RIGHTS

UNDERSTANDING LOCAL LAWS:

Knowing your reproductive rights depends on where you live, and laws are constantly changing. Use resources like Guttmacher's interactive map at [states.Guttmacher.org/policies/](https://states.guttmacher.org/policies/) to stay up-to-date on abortion laws in your state.

TEENS AND ACCESS:

People under the age of 18 oftentimes have even more barriers to abortion access with laws around parental involvement. Check out I Need an A's teen's guide to accessing abortion to learn more!

INeedAnA.com/blog/a-teen-s-guide-to-accessing-abortion



WHAT TO DISCLOSE IN MEDICAL SETTINGS:

Learn what you do (and don't) need to tell medical professionals if seeking care post-abortion, and how framing the experience as a "miscarriage" can prevent potential legal risks.

You do not ever need to tell a doctor, police officer, or anybody else if you've taken abortion pills. There is no reason why this information would be medically relevant, as pills simply cause the body to expel the contents of the uterus in a way that's identical to miscarriage.

If someone is considering seeking medical attention following the use of abortion pills, we recommend they first call the Miscarriage and Abortion hotline (MAHotline.org)

If someone does ultimately decide to seek medical care, they should be aware that telling medical professionals or police officers they've taken abortion pills might get them into legal trouble. Alternatively, a person might simply say that they are bleeding and think they might be having a miscarriage.

RESOURCES FOR NAVIGATING ABORTION IN AMERICA

STAY CONNECTED WITH RELIABLE RESOURCES:

Access to accurate, up-to-date information is key to empowering yourself and others. This section offers a curated list of essential organizations, websites, and hotlines that provide support for abortion access and SMA, including:

- YouAlwaysHaveOptions.com:** The most critical resources you need to access abortion.
- INeedanA:** Find nearby clinics, mail-order pills, and support networks. ([INeedAnA.com](#))
- Plan C Pills:** Information on accessing abortion pills and support. ([PlanCPills.org](#))
- M+A Hotline:** Medical advice for those managing their own abortion. ([MAHotline.org](#))
- Repro Legal Helpline:** Legal information on abortion and SMA. ([ReproLegalHelpline.org](#))
- Reprocare:** Peer support for self-managed abortion. ([Reprocare.com](#))
- Digital Defense Fund:** Resources on digital security for abortion seekers. ([DigitalDefenseFund.org](#))
- Aya Contigo App** – a digital Spanish-language oriented companion for abortion. ([hola.AyaContigo.org](#))

EMPOWERING YOUR COMMUNITY:

Knowledge is power. Equip yourself with factual information and share it within your community to combat misinformation and reduce stigma around abortion.

- Talk About Abortion:** Emphasize the power of open conversations around abortion. Encourage community dialogue that destigmatizes abortion and promotes self-determination.
- Share Resources:** The website [YouAlwaysHaveOptions.com](#), which has the most critical resources someone may need when seeking an abortion in the US.
- Advocacy Beyond the Law:** Acknowledge that while laws can restrict access, they cannot fully prevent people from ending pregnancies. By normalizing abortion and building resilient support networks, you contribute to a movement that transcends legal restrictions.

Whether you’re navigating state laws, supporting a loved one, or blasting these resources on social media, remember that we’re in this together. There is a strong network of organizations and communities ready to support people through every step. We just need people to know that they’re there.

CAN YOU LIST THE RESOURCES AVAILABLE FOR ABORTION-SEEKERS IN YOUR REGION?

KEY WORDS

Abortion Deserts: Areas with limited or no access to abortion services, often requiring people to travel long distances for care.

Advocacy Beyond the Law: Supporting reproductive choices regardless of legal restrictions, emphasizing community-based support and resources.

Digital Footprint: The information left behind when using digital devices, which can be minimized for better privacy.

Encrypted Communication: A way to protect messages by converting them into code, often used in apps like Signal to ensure privacy.

Guttmacher Institute: A research organization providing data and analysis on reproductive health and abortion laws.

Know Your Rights: Understanding the laws and rights related to abortion in your area to make informed decisions.

Medication Abortion: Also known as the “abortion pill,” this involves taking two medications (mifepristone and misoprostol) to end a pregnancy, typically managed at home.

Mutual Aid Network: Community groups that share resources and support, often providing assistance like transportation, housing, or funding.

Parental Involvement Laws: Laws that require minors to obtain parental consent or notify parents before getting an abortion.

Plan C Pills: A resource with information on accessing abortion pills by mail and guidance on self-managed abortion.

PlanCPills.org

Practical Support Organization: Groups that help with costs related to abortion access, like travel, lodging, and childcare.

Reproductive Justice: A framework advocating for the right to have or not have children and to parent in safe, supportive communities.

Self-Managed Abortion (SMA): An abortion where an individual takes abortion pills to end a pregnancy without direct medical supervision.

Surgical Abortion: A medical procedure that ends a pregnancy by removing the contents of the uterus, usually performed in a clinic or hospital.

TRAP Laws: “Targeted Regulation of Abortion Providers” laws that impose strict requirements on abortion providers, making access harder.

YouAlwaysHaveOptions.com: A resource hub with critical information for people seeking abortions in the US.

YouAlwaysHaveOptions.com