

## ADDITIONAL RESOURCES

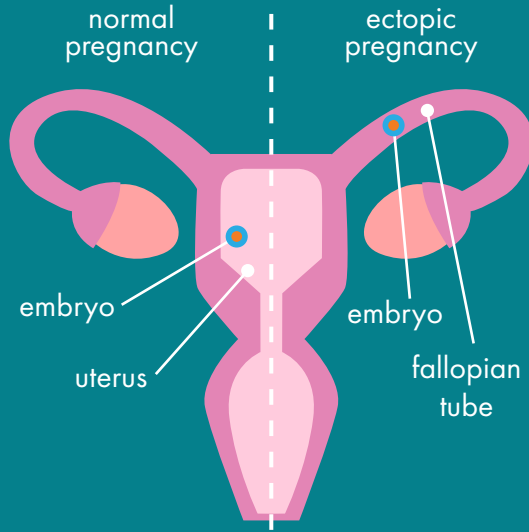


If you don't have health insurance, see if you qualify for the **Oregon Health Plan (OHP)**. To apply, call **1-800-699-9075**.

If you have **OHP**, and would like to better understand your insurance coverage, call **OHP Client Services** at **1-800-273-0557**.

For information about other agencies not listed in this brochure, please call **211** or text **HEALTH** to **898211**.

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## ECTOPIC PREGNANCY

An ectopic pregnancy, sometimes called a tubal pregnancy, happens if a fertilized egg (embryo) starts to grow outside the uterus, often in the fallopian tube.

It is important for you to know the signs of an ectopic pregnancy as it requires emergency care.

### Signs to look for:

- Vaginal bleeding
- Dizziness or fainting
- Belly pain or pelvic pain
- Shoulder pain
- Nausea and vomiting with pain

**Seek medical care if you have any signs or symptoms!**

# PREGNANCY OPTIONS

and other important information

You have **CHOICES**

**PARENTING**

**ADOPTION**

**ABORTION**

*"medical and surgical"*



## MAKING A DECISION

Are you pregnant and undecided on what to do? We understand this is a personal decision that only you can make. Here is information about the options available to you. If you have questions please speak with your healthcare provider.



### Some questions you can ask yourself:

- What options (adoption, abortion, or parenting) am I considering?
- What are the pros and cons of the options I'm considering?
- What information do I need to make this decision?
- Who can I speak with about my decision?

Here are some additional resources to help you make your decision:

**All-Options** - Provides judgment-free support for people in all of their decisions, feelings, and experiences with pregnancy, parenting, abortion, and adoption. [1-888-493-0092, all-options.org](https://www.all-options.org)

**Faith Aloud** - Provides compassionate spiritual and religious support for people in all their decisions about pregnancy, parenting, abortion, and adoption. [1-888-717-5010, faithaloud.org](https://www.faithaloud.org)



This brochure was created to connect you to resources in your community that may help you in making your decision.

## PARENTING

If you are interested in continuing with the pregnancy, here are some resources in your local community. They can support you to have a healthy pregnancy.

## ADOPTION

If you are thinking about adoption here are some local private agencies that can assist you:

**Open Adoption & Family Services**  
[1-800-772-1115, openadopt.org](https://www.openadopt.org)

**Boys & Girls Aid of Oregon**  
[1-877-932-2734, boysandgirlsaid.org](https://www.boysandgirlsaid.org)

## ABORTION

If you are thinking about abortion, here are some agencies that will assist you in accessing services:

**Planned Parenthood – Northern and Central Oregon and SW Washington**  
[1-888-576-7526 or 503-788-7273, plannedparenthood.org/planned-parenthood-columbia-willamette](https://www.plannedparenthood.org/planned-parenthood-columbia-willamette)

**Planned Parenthood – Southern Oregon**  
[541-344-9411, plannedparenthood.org/planned-parenthood-southwestern-oregon](https://www.plannedparenthood.org/planned-parenthood-southwestern-oregon)

**Lilith Clinic - Portland**  
[503-211-1870, lilithclinic.com](https://www.lilithclinic.com)

**Oregon Health & Science University, Center for Women's Health - Portland**  
[503-418-4500, ohsu.edu/womens-health](https://www.ohsu.edu/womens-health)

### Northwest Abortion Access Fund

They can help pay for an abortion or help with other abortion care related logistics, including childcare, travel to state and travel to site.  
[1-866-692-2310, nwaafund.org](https://www.nwaafund.org)