



This ecosystem of support—ways people are accessing pills, free hotlines and community networks—is crucial info to know and share right now.

Self-managing with pills ordered online is a medically safe option that tens of thousands of people are already choosing to do across the US—and we believe people will continue to choose it, have it and tell others about it no matter what the courts decide.



PLANCPILLS.ORG

reprolegalhelpline.org

Call: 844-868-2812

If/When/How: Lawyering for justice advocates and lawyers provide free, confidential legal advice and information through their helpline.

repro  
legal  
helpline



**MIFEPRISTONE  
IS STILL  
AVAILABLE**

PLANCPILLS.ORG

mahotline.org

Call or Text: 1-833-246-2632

All texts and phone calls are confidential, private, and secure. If you need support to self-manage your miscarriage or abortion, call or text:

M+A  
HOTLINE



Right now most telehealth providers are still shipping mifepristone (mife) and misoprostol (miso).

People are also getting mife + miso in advance through US-based providers and through sites that sell pills.

Both are listed on the Plan C Guide ([plancpills.org/guide](http://plancpills.org/guide)). Providers have a “pills in advance” icon if they do advance provision.

Discover more support and resources at [plancpills.org/support-resources](http://plancpills.org/support-resources)

- Free medical and emotional support
- Legal support
- Financial support
- Learn about abortion pills
- Apps on abortion
- Other options for getting an abortion

Free resources like the M+A Hotline ([mahotline.org](http://mahotline.org)) and the Repro Legal Helpline ([reprolegalhelpline.org](http://reprolegalhelpline.org)) can answer your medical and legal questions.

No matter what the courts decide, people who want to self-manage their abortions will continue to have options, through the robust alternate supply systems that now exist in the US. This includes Aid Access, community-based networks who distribute pills for free, and websites that sell abortion pills for profit.



AidAccess

[aidaccess.org](http://aidaccess.org)