



montana
FAMILY PLANNING

Pregnancy Options - Abortion

Ending the pregnancy by having an abortion

Abortion Facts

- Abortion is common. Almost 1 in 4 people with uteruses will have an abortion by age 45.ⁱ
- Abortion is safe.ⁱⁱ
 - Abortion is safer than getting a dental procedure or cosmetic surgery.
 - Only about 2% of people who undergo abortion experience a complication, and most complications are minor or easily treatable with follow-up procedures or antibiotics.
 - In the United States, death is 14 times more likely in childbirth than during an abortion.
- Abortion does not make it more difficult to become pregnant and have a healthy pregnancy in the future. Fertility often returns quickly after an abortion.ⁱⁱⁱ
- Abortion is not linked to an increased risk for breast cancer.^{iv}
- Abortion does not increase the risk for depression, anxiety, or suicidal thoughts.^v

Types of Abortion

Medication Abortion

- Available for up to 11 weeks into the pregnancy with Montana providers, or 13 weeks with telemedicine providers that are based outside of Montana
- Combination of medication that can be taken in a clinic and/or at home
- Provider may prescribe a prescription-strength pain medication

Procedural Abortion

- Available up to 21 weeks and 6 days in Montana and longer in some other states
- Cervical dilation and gentle suction to empty the contents of the uterus
- Completed in a clinic, the procedure usually takes 5-10 minutes
- Pain management usually available

Abortion in Montana

Abortion is legal in Montana, and providers are located throughout the state.

- **Billings** – Planned Parenthood – medication abortion only, up to 11 weeks from first day of last period: plannedparenthood.org
- **Great Falls** – Planned Parenthood – medication abortion only, up to 11 weeks from first day of last period: plannedparenthood.org
- **Helena** – Planned Parenthood – medication and procedural abortion, up to 21 weeks and 6 days from first day of last period: plannedparenthood.org
- **Missoula** – Blue Mountain Clinic – medication and procedural abortions, up to 20 weeks and 6 days from first day of last period: bluemountainclinic.org
- **Missoula** – Planned Parenthood - medication abortion only, up to 11 weeks from first day of last period: plannedparenthood.org
- **Whitefish** – All Families Healthcare – medication and procedural abortions up to 12 weeks from first day of last period: allfamilieshealth.org

Looking outside of the state? Find more information at abortionfinder.org or inedana.com

Learn more at www.montanafamilyplanning.org/pregnancy-resources



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Self-Managed Abortion and Abortion by Telehealth

Some people prefer to induce their medication abortions at home or somewhere else where they feel safe. The Miscarriage and Abortion Hotline provides counseling and resources for people who pursue this option: mahotline.org or 1-833-246-2632

- Abortion on Demand – up to 10 weeks, serves ages 18 or older: abortionondemand.org
- Just the Pill – up to 10 weeks and 5 days: justthepill.com
- Aid Access – up to 12 weeks: aidaccess.org
- Abuzz – up to 12 weeks and 6 days, serves ages 16 and older: abuzzhealth.com
- 145 Abortion Telemedicine – up to 13 weeks: abortiontelemedicine.com

Abortion Counseling, Information, Support

- **Montana Family Planning clinics** provide options counseling and referrals for all pregnancy options, including abortion: montanafamilyplanning.org/find-a-clinic
- The **All Options Hotline** offers free peer counseling and support for all pregnancy options, including abortion, to callers from anywhere in the U.S.: all-options.org or 1-888-493-0092.
- Learn more at pregnancyoptions.info, bedsider.org/pregnancy_options/abortion, and diydoula.org.

Paying for Abortion

- Private Health Insurance – your private health insurance may cover abortion services, but they're not required to do so in Montana and often they don't. Contact your insurance carrier to understand which services are covered.
- Montana Medicaid – Montana Medicaid covers abortion services.
- Abortion Funds – abortion can be expensive, but that shouldn't be a barrier to you getting the care you need. Abortion funds provide financial aid and other support for people who need abortions. They often work directly with abortion providers, or you can contact them on your own for help.
 - Indigenous Women Rising – serving Indigenous and undocumented people nationwide: iwrising.org/abortion-fund
 - Montana Abortion Access Program – based in Montana: mtabortion.org
 - National Network of Abortion Funds – abortionfunds.org

Minors and Abortion

In Montana, people under 16 years old are required to have a parent notified before they have an abortion or to get a waiver from a judge. If you need a waiver, contact an abortion provider in Montana for help. Learn more at judicialbypasswiki.ifwhenhow.org/wiki/montana.

ⁱ Guttmacher. 2019. Retrieved from: <https://www.guttmacher.org/fact-sheet/induced-abortion-united-states>

ⁱⁱ American College of Obstetricians and Gynecologists. 2023. Retrieved from: <https://www.acog.org/advocacy/abortion-is-essential/come-prepared/abortion-access-fact-sheet>

ⁱⁱⁱ Atrash HK, Hogue CJ. The effect of pregnancy termination on future reproduction. *Baillieres Clin Obstet Gynaecol.* 1990 Jun;4(2):391-405. doi: 10.1016/s0950-3552(05)80234-2. PMID: 2225607.

^{iv} American Cancer Society. 2014. Retrieved from <https://www.cancer.org/healthy/cancer-causes/medical-treatments/abortion-and-breast-cancer-risk.html>

^v American Psychological Association. 2022. Retrieved from <https://www.apa.org/monitor/2022/09/news-facts-abortion-mental-health>
