

Iowa Abortion Resources



Reproductive health care, including access to birth control and safe and legal abortion care, is an essential part of health and well-being. While Roe v. Wade was overturned, abortion remains legal in many states, and other reproductive health care services remain protected by law. Abortion remains legal in Iowa up until the time at which cardiac activity can be detected, which typically occurs around six weeks of pregnancy.

Iowa also requires clients to go to a state-directed information appointment in person, wait for 24 hours, and then go back for another appointment for an abortion. This means clients must make at least two trips to the health center. For more on your rights and legal protections, visit reproductiverights.gov/.

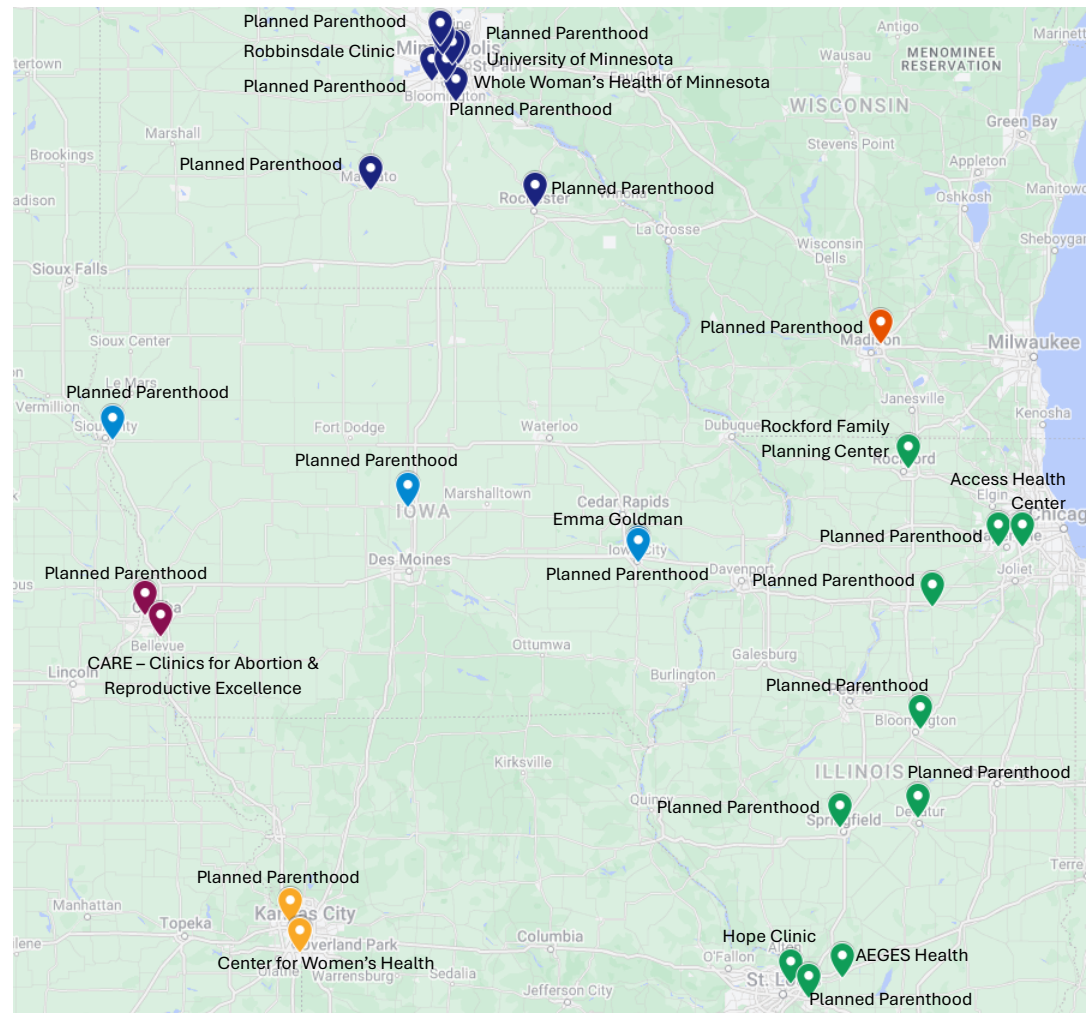
Health Centers in Iowa Offering Abortion:

Organization	Website	Location(s)
Emma Goldman Clinic	emmagoldman.com/	Iowa City
Planned Parenthood	plannedparenthood.org/	Sioux City, Ames, Iowa City

Surrounding State Regulations:

State	Regulations
Minnesota	Not restricted based on gestational duration
Illinois	Banned at fetal viability, generally 24-26 weeks
Kansas	Banned at 22 weeks and later
Wisconsin	Banned at 22 weeks and later; 2 trips required, one for in-person counseling and another 24 hours later for the abortion, ultrasound required
Nebraska	Banned at 12 weeks and later; 24-hour waiting period after counseling (not required to be in person); medication abortion provided in person
Missouri	Completely banned with very limited exceptions
South Dakota	Completely banned with very limited exceptions

Clinic locations offering abortion across the Midwest:



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Other Resources:

Organization	Website	Resources Offered
Iowa Abortion Access Fund	iowaabortionaccessfund.org/	Every year Iowa Abortion Access Fund (IAAF) helps hundreds of Iowa and Quad Cities residents who would otherwise not have been able to afford an abortion. IAAF is dedicated to the belief that the freedom to choose legal abortion should be available to everyone.
Abortion Finder	abortionfinder.org/	Most comprehensive directory of trusted (and verified) abortion service providers and assistance resources in the United States
I Need an A(bortion)	ineedana.com/	Comprehensive, regularly updated, personalized resource for abortion seekers in the US
Plan C	plancpills.org/	Abortion pills by mail in every state
Brigid Alliance	brigidalliance.org/	Wherever someone needs to get to abortion care in the U.S., we find a way to get them there – through direct support and in collaboration with our network of partners. Book, coordinate, and pay for travel, travel expenses, and childcare, serving as a single, trusted point of contact for every step of the journey.
Repro Legal Helpline	reprolegalhelpline.org/	Legal Services for Your Reproductive Life. No matter your age, we answer legal questions about abortion, pregnancy loss, and birth. Whether you need a judicial bypass, are being denied an emergency abortion, or are facing criminalization for a pregnancy outcome, we can support you.
Repro Legal Defense Fund	reprolegaldefensefund.org/	No Body Criminalized. The Repro Legal Defense Fund provides financial support for people investigated or fighting charges related to their pregnancy or abortion.
Exhale Pro-Voice Textline	exhaleprovoice.org/	Need to talk with someone about your abortion experience? Looking to support your partner, child, or friend after their abortion? Text Exhale Pro-Voice for nonjudgmental after-abortion support. 617-749-2948. The free, nonjudgmental Exhale Pro-Voice textline offers high-quality emotional support, information, and resources for all people after their abortions.
All-Options Talkline Faith Aloud Spiritual Care Line	all-options.org/ all-options.org/find-support/faith-aloud/	All-Options offers free peer counseling to callers from anywhere in the US or Canada. Simply call 1-888-493-0092 for open-hearted support regarding abortion, adoption, infertility, parenting, and pregnancy loss. Also offering Faith Aloud Spiritual Care Line, compassionate and nonjudgmental support from trained spiritual care counselors. If you are considering your pregnancy options or want to talk about an abortion experience and would like to connect with a supportive clergy or religious counselor, call Faith Aloud at 1-888-717-5010.
Connect & Breathe	connectandbreathe.org/	Connect & Breathe 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. Whether abortion has affected you or a loved one, yesterday or years ago, we are here for you. 1-866-647-1764

Abortion Pills Online:

Organization	Website	About	For pregnancies up to	Delivery	Ages	Price Estimate
Aid Access	aidaccess.org/	Aid Access is a clinician-supported online abortion service. Medications are prescribed by clinicians licensed in the US and the FDA-approved abortion pills are mailed to all states. Get pills before you need them to have on hand, just in case.	13 weeks	2-5 days	All	\$150 or less