FREE GUIDE FROM THEWAY HELP

Your options: a calm, honest guide

If you're pregnant and not sure what to do, you have more time and more help than it may feel like right now. Here is what's available, in plain words.

First, find out how far along you are

Your choices and your timeline depend on how far along the pregnancy is. An ultrasound is the most accurate way to know, and it also checks that the pregnancy is in the uterus. Many pregnancy centers offer a pregnancy test and an ultrasound free.

If you're thinking about parenting

- **Medicaid for pregnancy.** Michigan Medicaid gives full coverage during pregnancy and for 12 months after birth for incomes up to 195% of the federal poverty level.
- **WIC.** Healthy food, nutrition help and breastfeeding support during pregnancy and for children under 5. Call 211 to apply.
- **Home visits.** Michigan's Maternal Infant Health Program offers free visits from a nurse and social worker during pregnancy and the baby's first year, for families on Medicaid.
- **Baby items.** Local pregnancy centers often give diapers, clothes and baby gear for free.

If you're thinking about adoption

You can make an adoption plan during pregnancy or after the baby is born. If you have time before your due date, planning an adoption lets you help choose the family, and in an open adoption you can stay in contact with your child. A pregnancy center can connect you with a licensed adoption agency.

If you feel you have no other way

Under Michigan's Safe Delivery of Newborns law, a parent can hand over a baby up to 72 hours old to an employee inside a hospital, fire station or police station, or call 911 and hand the baby to the paramedic who comes. You don't have to give your name. 24-hour hotline: 1-866-733-7733.

Someone to talk to

Free, confidential pregnancy centers can talk through your situation with no cost and no pressure. Find one near you at thewayhelp.com/pregnancy/find-help. If you want to know what abortion involves at your stage, clear, sourced explanations are at thewayhelp.com/pregnancy/learn.

Sources

Michigan WIC: michigan.gov/mdhhs/assistance-programs/wic
Michigan Medicaid eligibility: michigan.gov/mdhhs/assistance-programs/medicaid/health-care-programs-eligibility
Maternal Infant Health Program: michigan.gov/mihp/families
Michigan Safe Delivery of Newborns fact sheet, Michigan Department of Health and Human Services

If this is an emergency, call 911. If you feel you can't cope, call or text 988, any time, free. TheWay Help does not provide or refer for abortions and is not a medical provider. This is general information, not medical advice. thewayhelp.com