

# KEV XAIV TXOG MUAJ ME NYUAM

Ntawv qhia txog kev tu ntaus me nyuam tawm

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*UW Collaborative for Reproductive Equity (CORE) yog ib qho tshawb fawb ntsuam, tsis yog ib qho chaw kuaj mob los chaw pab tib neeg. Tab sis peb yuav txhawb kom muaj cov kev qhia tseeb rau cov neeg nyob hauv Wisconsin, thiab cov neeg txhawb lawv, cov uas tej zaum kuj xav ntaus me nyuam tawm, tab tom nrhiav kev pab ntaus me nyuam tawm, los tseem so kom lub cev ntaus me nyuam tawm zoo. Nov yog cov kev pab muaj kho tas li uas muaj tseeb, ntsuam tshawb pom thiab qhia txhawb tus ntaus me nyuam tawm.\**

## Cov kev pab rau xyuas xaiv txog cev muaj me nyuam los xeeb tub

- [Pregnancy Options Wisconsin: Education, Resources, and Support, Inc. \(POWERS\)](#), uas muaj tus xovtoojhu/xantawwtau (608-514-1714) rau kev txhawb xaiv txog cev xeeb tub
- [All Options Talkline](#) (1-888-493-0092), uas koj nrog tau ib tug kawm tiav kev neeg tham muab tswv yim (*trained counselor*) uas tsis tuaj twg tog muab kev txhawb thiab kev qhia

## Kev qhia txog nrhiav kev tu ntaus me nyuam tawm, nrog rau nyiaj pab thiab lwm yam kev txhawb

- [Planned Parenthood Wisconsin](#)
- [U.S. Abortion Clinic Locator](#)
- [National Network of Abortion Funds](#)

## Kev qhia dav dav txog kev ntaus me nyuam tawm thiab poj niam lub cev

- [American College of Obstetricians and Gynecologists](#), ib qho chaw muaj cov ntaub ntawv tseeb txog cov chaw kuaj, ntaus me nyuam tawm, thiab cov tshuaj ntaus me nyuam tawm
- [Euki app](#), uas muaj cov ntawv qhia tau tseeb, tsis pub twg paub thiab lwm yam txog kev ua nkauj ua nraug thiab txog cov kev lub cev xeeb tub

## Kev pab txog cai lij choj rau cov neeg nrhiav yuav ntaus me nyuam tawm los lawv tau ntaus/siv tshuaj ntaus lawv tus me nyuam tawm

- [Repro Legal Helpline](#), uas koj nrog tau cov kws cai lij choj tham txog qhov yuav muaj tsis zoo txog ntaus me nyuam tawm, nrog rau yus ntaus yus tus me nyuam tawm
- [Digital Defense Fund](#), uas koj muab tau tswv yim xyuas kom txhob muaj kev tsis zoo txog cai lij choj
- [SASS](#), muaj kev tswj zoo muab cov ntaub ntawv, tsis pub twg paub thiab txhawb cov neeg lawv ntaus lawv tus me nyuam tawm

\* Daim ntawv qhia no tsis thwm tias yog ib qho University of Wisconsin School of Medicine and Public Health, the University of Wisconsin – Madison, los UW Health cuab zog los pom zoo.

## Cov kev pab koj qhov chaw kuaj hauv Wisconsin muab tau txog kev pab rau ua ntej thiab tom qab ntaus me nyuam tawm

Cov chaw kuaj mob hauv Wisconsin muab tau cov kev pab raws li nram no, uas koj hu tau rau koj qhov chaw kuaj mob los chaw kuaj yug thiab tu me nyuam thiab kuaj poj niam lub tsev me nyuam rau:

- Thaij *ultrasound* saib seb muaj puas tsawgh lli lawm
- Kuaj ntshav los xa mus kuaj tej yam, yog yuav tau kuaj
- Kev tu ceev tam sim rau tsob ntshav, ua npaws, kis kab mob, los lwm yam kev txhawj tom qab me nyuam poob los ntaus tus me nyuam tawm. Koj yuav tsum tau mus ntsib kev pab rau cov hais saum no rau ntawm koj qhov chaw kuaj, ib lub *urgent care*, los hauv ceg pab ceet tam sim (*emergency department*).

*Nco:* Kev tu tom qab ntaus me nyuam tawm raws cai thiab txhua lub chaw kuaj mob hauv Wisconsin yuav tsum muaj. Yog koj qhov chaw kuaj mob hais tias lawv pab tsis tau koj, hu rau Planned Parenthood of Wisconsin (800-230-7526). Lawv yuav muaj kev pab tu tom qab ntaus me nyuam tawm dawb. Kawm ntxiv [nov](#) txog yuav nrog chaw kuaj mob tham li cas tom qab ntaus me nyuam tawm los me nyuam poob.

## Cov kev pab rau tom qab ntaus me nyuam tawm

- [\*Physicians for Reproductive Health\*](#) muaj cov kev qhia ua raws tham nrog ib qho chaw kuaj mob tom qab ntaus me nyuam tawm los me nyuam poob
- [\*Exhale\*](#) (617-749-2948), uas koj xa tau ntawv hauv xov tooj nrog ib tug kawm tiav pab tswv yim tham txog qhov koj ntaus me nyuam tawm

## Kev qhia rau kawm ntxiv txog tswj kom txhob xeeb tub, nrog tshuaj siv ceev tswj tom qab sib deev tas

- [\*Bedsider - Birth Control\*](#) (kev tswj kom txhob muaj me nyuam)
- [\*Bedsider - Emergency Contraception\*](#) (kev tswj kom txhob xeeb tub thaum sib deev tas)

## Kev qhia txog cov chaw pab txog teeb meem cev xeeb tub ceev

Cov tib neeg nrhiav kev kuaj muaj me nyuam yuav tsum mus tau rau cov chaw kuaj muaj me nyuam, kuaj txhua yam thiab tau kev qhia los ntawm cov neeg kawm txog yam ntawd. [\*Crisis pregnancy centers\*](#) yog cov chaw qhia tam li yog cov chaw kuaj muaj me nyuam tab sis feem ntau tsis muaj cov cai tswj, tsis yog cov chaw kuaj mob. Lawv lub hom phiaj tiag yog cheem kom cov tib neeg txhob ntaus me nyuam tawm thiab siv ib cov kev tswj kom txhob muaj me nyuam xwb. Txawm cov chaw no muab kev txhawb tseem ceeb thiab kev pab rau ib cov neeg mus ntsib lawv los, feem ntau lawv ua tej yam tsis raws cai, xws li muab ntaub ntawv tsis yog txog kev ntaus me nyuam tawm thiab siv kev cheem kom txhob tau kev pab thiab tau cov ntaub ntawv qhia sai. Cov chaw kuaj mob tiag tau kom cov neeg nrhiav kev pab txhob mus rau cov chaw no.

*Crisis pregnancy centers* siv lwm lub npe txawv, xws li “*pregnancy care center*” los “*pregnancy resource center*,” thiab qhia tsis tau tseeb. Nov yog ob qho kev pab uas yuav pab koj muab tau cov *crisis pregnancy centers* dag no:

- [\*Crisis Pregnancy Center Map\*](#), cov neeg tshawb fawb nrhiav hauv lub *University of Georgia* yog cov tsim thiab tswj.
- The [\*Fake Clinic Database\*](#), Reproaction yog qhov nws nhriav nws thiab kho