



Am I at a Crisis Pregnancy Center?

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What is a "Crisis Pregnancy Center (CPC)"?

Crisis pregnancy centers may look like medical clinics; they may even use the word "clinic" in their names. Some are located close to real abortion clinics. They advertise that they provide pregnancy counseling and information about abortion and pregnancy, and they usually offer free pregnancy testing. Their websites and advertisements often use the same words and pictures as real abortion clinics. People working there may be wearing scrubs and stethoscopes, and there may even have a nurse or other health care provider on staff or volunteering. Some even provide limited ultrasounds or testing for sexually transmitted infections. But they do not provide comprehensive reproductive health care, accurate medical information, and they do not provide abortions or referrals for abortions; most don't provide any medical care at all. In fact, they actively discourage people from accessing abortion and birth control.¹

In New Mexico, the prevalence of CPCs is particularly harmful to women and families as these organizations target young women, women living in poverty, women of color, and women without access to health care and education. [There are approximately 34 crisis pregnancy centers currently operating in New Mexico](#), the majority of which are located outside the major metropolitan areas where there is limited access to health care.

How to spot a crisis pregnancy center:

- Look for the words "pregnancy options," "pregnancy resource center," or "pregnancy care center" in your internet search results, on advertisements, and on their signage.
- Statistics without a citation, citation to an unreliable source, or misrepresentation of data from a reliable source
- CPCs may not have licensed medical providers on staff.
- CPCs may not give you your pregnancy test result or will delay giving it to you
- They may advertise "free pregnancy tests" or "free sonograms."
- Check out their website and social media platforms. Several CPCs organize and support anti-choice extremists and/or protest legitimate health care facilities.
- Advertisements might include statements like "Pregnant? Scared? Need Help?"
- CPCs will not refer you to abortion care providers.
- CPCs often require clients to go through counseling to get family planning services; offer medically unsupported post-abortion counseling, counseling for "post abortion

¹ Some language and information used with the express permission of Legal Voice based on their Know Before You Go: Crisis Pregnancy Centers Want you to Stay Pregnant available at <http://www.legalvoice.org/know-before-you-go>.

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syndrome,” or “post-abortion stressors?”; claim that vaccinations are harmful; or offer a “Sexual Integrity Program.”

What will I find at a real abortion clinic?

Abortion clinics are health care facilities with trained medical care providers on staff. Internet listings and advertisements will use words like “abortion clinic,” “abortion provider,” and “family planning services” (though beware of CPCs that put those words on their internet listings and ads). Real abortion clinics provide:

- Medical and surgical abortions,
- Counseling about *all* options including parenthood, adoption, or abortion,
- Birth control services (emergency contraception, pills, implants, injections, IUDs, etc.),
- Lab tests for pregnancy, sexually transmitted infections, and other conditions,
- Medical treatment of sexually transmitted infections and other conditions,
- Referrals to prenatal or specialty care,
- State-licensed physicians and nurse practitioners to provide services,
- State-licensed providers to interpret ultrasounds, and
- Test results without unnecessary delay

How can I find the help I need?

- Be your own advocate! Don’t be afraid to ask questions before going to an appointment. Call with questions or visit their website and social media pages.
- Get a referral from someone you trust
- Start with a resource that you know offers accurate information and can guide you in the next steps.
 - Department of Health Family Planning Services. Anyone may request services, NM state law allows teens to receive these services without a parent’s permission, and you do not have to be a US citizen to get services.
 - Online: <https://nmhealth.org/about/phd/fhb/fpp/>
 - By phone: 505-476-8882.
 - For more information: <https://nmhealth.org/publication/view/marketing/3155/>
 - UNM Health System
 - Online: <https://hsc.unm.edu/health/patient-care/family-planning-reproductive-health/index.html>
 - By phone: 505-925-4455
 - Email: unmmgcrh@unmmg.org
 - To find the Planned Parenthood health center nearest you, learn more about their services, or book an appointment, go to their health center locator
 - Online: <https://www.plannedparenthood.org/health-center> and enter your zip code or state
 - By phone: 1-800-230-7526

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- **Backline:** Operates a toll-free talkline to provide judgment-free support for pregnancy options, pregnancy loss, abortion, adoption, parenting, infertility, or other reproductive decisions and experiences.
 - By phone: 1-888-493-0092
 - Online: <http://yourbackline.org/find-support/>
- If you are in financial need, you can apply for state medical coverage. Go to <http://www.hsd.state.nm.us/LookingForAssistance/apply-for-benefits.aspx>.

Here are some ways you can help expose crisis pregnancy centers in New Mexico!

- 1) File a complaint: [File a complaint with the NM Attorney General's Office](#) with the Consumer and Family Advocacy Services!
- 2) Review a fake clinic online. Write an accurate, honest review of your experience.
- 3) Share your story: If you have gone to a CPC by accident thinking you were going to a real health care provider, been lied to about the status of your pregnancy, received false or misleading information about abortion or adoption, or experienced discrimination based on your race, sex, gender identify, or sexual orientation, please share your experience with us if you are comfortable. Personal stories are a powerful tool to expose what is actually happening in these fake clinics. Please call us at 505-244-0502 or email: info@swwomenslaw.org.