

3 TALK

I DON'T WANT
TO WORRY
MY FAMILY.

Any midwives that
take uninsured
patients?

Can I go to a
community health
centre even if I do
not have OHIP?

Do they
ask for ID?

Talk to someone you trust
who has experience about
cost, care, and status
before making any
decisions

2 CALL

I TRIED CALLING,
BUT I'M NOT SURE
WHAT TO SAY
OR WHO WILL ANSWER.

Call or walk in
to midwifery
clinics or
community
health centres
Say: "I think
I'm pregnant
and need care."
If no one
answers or you
are turned
away, try
another place

4 ASK

Ask what this
visit is for
Ask what
happens next
and when
Ask for an
interpreter if
you need one

THEY ARE
EXPLAINING THINGS,
BUT I DON'T
UNDERSTAND
WHAT IT MEANS
FOR ME.

5 DECIDE

I DON'T
HAVE TO DO
EVERYTHING
AT ONCE.

Start with
what
matters most
today
You can say
no, or "I need
more time."
Keep your
records and
bring them to
your visits

6 PLAN

THE WAY
I GIVE BIRTH
WILL CHANGE
WHAT I PAY.

Some hospitals may
ask for large
deposits
Where you go and
who supports you
can change your
costs
Plan your stay and
when you will
leave

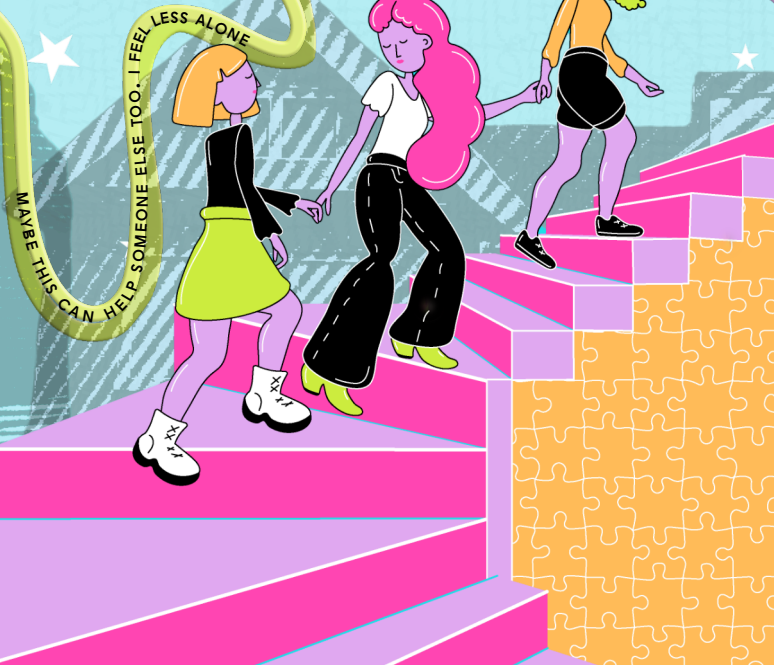
7 DENIED

WHAT DO I
DO IF MY
NEWBORN IS REFUSED
OHIP?

Get the reason in
writing and keep every
paper they gave you
Bring proof of your
Ontario address and try
again
Get help from your
midwife or a legal aid
clinic if you get stuck

8 CONNECT

THE BABY
IS HERE,
BUT I STILL NEED
SUPPORT.



1 START

I JUST FOUND OUT
I'M PREGNANT,
I DON'T KNOW
WHAT TO DO.

Go to a midwifery clinic,
sexual health clinic, or
community health centre
You can choose to continue
the pregnancy or end it

