

Hello! This packet came from noticing a lack of awareness about some of the resources offered at Amherst College regarding sexual and reproductive health and wellbeing. As these topics are not only very important but timely given the current political landscape in the U.S. for reproductive rights and sexual health, this packet serves to inform the community of available resources on Amherst College’s campus, within the Five College Consortium, Western Massachusetts, and nationally. This packet aims to equip Amherst College students with the knowledge and resources necessary to take charge of their autonomy, health, and wellbeing. It covers a variety of topics regarding sexual and reproductive health and wellbeing. If you notice a lack of certain information within this packet, please reach out to wgc@amherst.edu by email so we can ensure the most comprehensive information is available. Additionally, this packet will continue to be updated in future semesters as on and off campus information changes.

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If you are looking for a specific resource, the last page of this packet has an **index organized by type of resource**, split up into these categories:

1. **Abortion**: pregnancy termination, support, and referrals
2. **Family**: Childcare and family support, birthing support
3. **Groups**: Support groups and workshops
4. **Health exams**: Sexual and reproductive health exams
5. **HIV and STD**: Testing, resources, and counseling
6. **Menstrual care**: menstrual supplies, support, and referrals
7. **Pregnancy**: Testing, resources, and counseling, birthing support
8. **RJ**: Reproductive Justice
9. **Sex**: Safer sex supplies, contraception, emergency contraception, birth control
10. **SA and DV**: Sexual assault and domestic violence survivor support and resources

Amherst College Departments and Committees

Health Services

The Keefe Health Services' operating principles are built on the ideas of accessible and comprehensive care for the students of Amherst College. Health Services is a confidential resource. They offer a variety of services as well as referrals, and can arrange transportation for you to receive health care services elsewhere locally. Care is available by appointment only. There is no walk in care.

Contact

Keefe Health Services
95 College Street
Amherst, MA 01002
Website: <https://tinyurl.com/24em3bh8>
Phone: 413-542-2267
Email: healthservice@amherst.edu

Hours:

Monday, Tuesday, Thursday, Friday 9:00am-4:30pm
Wednesday 10:00am-4:30pm

*When the Health Center is closed, you are instructed to call the main office number at (413-542-2267) and press the on-call Nurse triage option. The Nurse will assess your symptoms and recommend the course of care you should take. **Call 413-542-2111 for all emergencies.**

Contraception

Health Services offers counseling and prescriptions for the following birth control methods:

- Oral contraceptive Pill: OCPs are a hormonal method of birth control taken by mouth once per day. Health Services can help you decide which pill is the best fit for you and provide you with a prescription. This method is covered by most insurances including Amherst College insurance.
- Nuvaring: The Nuvaring is a flexible, plastic ring that is inserted vaginally every month and is covered by most insurances for \$0 copay. Alternative vaginal rings are covered by Amherst College insurance. Health Services can discuss this hormonal birth control with you in person and provide a prescription if this is your chosen method.
- Emergency Contraception (Plan B): Emergency contraception is available over the counter, but is very expensive when purchased at retail cost. Health Services can

provide you with an advanced prescription to have on hand as needed. You can also go to Health Services to request emergency contraception after birth control failure or if no method of birth control was used during sexual intercourse. This medication is also available for free and upon request at the Women's and Gender Center and the Queer Resource Center. This medication is very safe with few side effects and can be taken up to 5 days after sex. The sooner you take emergency contraception, the better it works.

*Other birth control methods, such as arm implants and IUDs (intrauterine devices) are not offered by Health Services, however Health Services can refer you to other healthcare facilities if you are wanting a different contraceptive method.

A note on emergency contraception: Plan B (Levonorgestrel 1.5 mg) is less effective for those who weigh over 155 pounds. Although the effectiveness is decreased, it can still work. Plan B also does not work if the individual has already ovulated. Ella, another emergency contraception, is an effective option for those who weigh up to 195 pounds. Ella is only available by prescription and generally has a zero dollar copay. In the case of the individual already ovulating, and for those weighing more than 195 pounds, another option is the Paragard IUD, which is the most effective method of emergency contraception. The IUD needs to be placed within 5 days of sexual intercourse. For a Paragard IUD, Planned Parenthood in Springfield is the best option as you can book an appointment without a lot of notice and can have a consultation and insertion within one appointment. Go to the "Local and Regional Resources" section of this packet for more details on Planned Parenthood.

Sexually Transmitted Infection (STI) Testing and Treatment

Whether you are currently having symptoms that you think may be caused by an STI, or want STI screening/testing for other reasons, you can make a confidential appointment in person with Keefe Health Services or by calling the appointment desk at 413-542-2267. Health Services provides the following STI testing:

- Gonorrhea/Chlamydia: These can be diagnosed by either a urine sample/urethral or vaginal swab, oral, or rectal swab whether or not symptoms are present. For the urine testing, it is important that you do not empty your bladder for two hours prior to the test, so the urine is concentrated. These tests are generally accurate 2 weeks after potential exposure. Results are available after several days.
- HIV, Hepatitis C, and Syphilis: These are diagnosed by blood testing. The blood draw can be performed at the health center. There are varying window periods for these tests (time between when a person is exposed to a virus or bacteria and when the test is positive). Talk to your provider at your visit about specific details if you have questions. Results are available after several days.
- HSV (Herpes simplex virus): Herpes is generally diagnosed by a direct culture of a suspected lesion, in conjunction with clinical exam. Results are available within several days to a week.

If you test positive, Health Services may be able to provide treatment. If they are unable to directly provide treatment, they can help coordinate a referral to a specialist to initiate treatment.

PrEP Counseling and Prescriptions

If you think you are at high risk of exposure to HIV you can contact Health Services for an appointment. Call 413-542-2267, email healthservice@amherst.edu, or stop by the front desk in person.

Pregnancy and Abortion Support

Health Services offers pregnancy testing, counseling, and support. For services not available through Amherst College, they also provide referrals for obstetric care and pregnancy termination.

Sexual Assault Support

Health Services offers confidential and free evaluation and counseling. If desired, you can be referred to a SANE (Sexual Assault Nurse Examiner) who is a healthcare provider outside of Amherst College for more immediate follow up care. You can also receive testing and treatment for pregnancy and STIs.

Routine Exams

The providers at Health Services routinely perform pelvic exams (to check the health of one's reproductive organs)/pap smears (an exam to collect cells from the cervix for cervical screening) as well as clinical breast exams. It is important to get regular pelvic exams and pap smears in order to maintain your reproductive health and possible early detection of treatable conditions, such as infections and cancer. If you would like to schedule an appointment, call Health Services at 413-542-2267.

Residential Engagement and Wellbeing

The Department of Residential Engagement and Wellbeing offers a range of services to help the student community learn, practice, grow and thrive. This includes education and outreach programming and events, physical resources, workshops and trainings, and more.

Contact

102 Keefe Health Center

Website: <https://tinyurl.com/3xbepzcy>

Phone: 413-542-2760

Email: rew@amherst.edu

Instagram: @amherst_rew

Safer Sex and Menstruation Resources

Community Advisor (CA) Safer Sex Kits

- Pre-assembled with internal and external condoms, lube, and dental dams available for all CAs to have available in the residence halls

Individual Safer Sex Kits

- You can individually receive a safer sex supply kits with external condoms, internal condoms, dental dams, and lube
- These are available through these methods:
 - REW programming
 - Prescription window at the Keefe Health Center (open Mondays-Fridays, 8:30am-4:30pm, excluding holidays)
 - Through the **Resource Request Form**: <https://tinyurl.com/2s47vkst>

Supplemental Menstrual Product Distribution Program

- Menstrual products are restocked twice a week in Keefe Campus Center (shelves next to Grab & Go) and in Frost Library Restrooms
- Free menstrual cups/discs available upon request through the **Resource Request Form**: tinyurl.com/healthedrequest

Health and Wellbeing Vending Machine

- Located in the basement of Keefe Campus Center near the restrooms
- Has free or reduced rate items on a variety of health & wellbeing resources. Specific sexual and reproductive health resources include:
 - Pregnancy tests
 - Safer sex supplies (internal and external condoms, lube, and dental dams)
 - Menstrual products (pads, tampons, panty liners)

Workshops and Trainings

If you are in need of a workshop or training regarding sexual and reproductive health, or any other topics related to health, safety, and wellbeing, you can request a session from the REW department. Requests must be submitted two weeks prior to the desired date. REW staff will coordinate with you in preparation for the session.

To request a workshop or training, use this form: tinyurl.com/healthedworkshop

Survivor Support Group

Pemberton Lounge and on Zoom

Tuesdays 7-9PM

Contact Claire Dutton (she/her) at cdutton@amherst.edu for more information.

TRUTH! Tell Your Story Through Art & Writing: a confidential, drop-in, online Survivor Support Group, Facilitated by Isabella Gitana (they/she) of Survivor Arts Collective

- For all (a)gender survivors of sexual violence, relationship violence, and/or incest. FREE and open to ALL Amherst College students only.

This is a safe space to share our stories as survivors with survivors. You are supported to explore your experiences relating to sexual violence, relationship violence, and/or incest. You'll write or create art in response to prompts that will get your story flowing. The group will share their stories together each week with positive feedback. This is not an art or writing class. Our focus is not on skill, rather the act of telling our story.

Questions or accessibility concerns can be directed to Claire Dutton (she/her) at cdutton@amherst.edu

Peer Advocates for Sexual Respect

The Peer Advocates for Sexual Respect (PAs) are a group of trained student educators at Amherst within the Department of Residential Engagement and Wellbeing. The PAs are student leaders on campus around a wide range of sexual respect topics including, but not limited to, bystander intervention, healthy relationships, consent education, sexual violence prevention, and survivor support. The PAs organize a variety of campus-wide events, skill-building workshops, resource tables, passive education materials, and awareness-raising campaigns. The PAs are trained to refer students to available campus and community resources and services, including survivor support resources.

Contact

Website: <https://tinyurl.com/bdf744za>

Email: peeradvocate@amherst.edu

Instagram: @amherst_pa

Facebook: @peeradvocatesamherstcollege

Supervisor: Claire Dutton (she/her)

Email: cdutton@amherst.edu

Programming

- First Year Bystander Intervention (September)
- Domestic Violence Awareness Month (October)
- Sexual Assault Awareness Month (April)
- 24-Hour Healing Fire (April)

Signature Workshops

- Bystander 2.0 (Intro to Bystander Intervention)
- Bystander At The Base (Advanced Bystander)
- Consent, Boundaries, & Healthy Communication
- How to Support a Survivor

Student Health Educators

The Student Health Educators (SHEs) are a group of Amherst students sponsored by the Department of Health Education that are interested in actively addressing health issues and building skills in the Amherst Community to improve their health and wellbeing. SHEs are trained to provide interactive and engaging programs and events, engage in outreach to their peers, develop innovative initiatives to reach their peers on important health information and skills. The SHEs cover a wide variety of topics including: healthy sexuality, alcohol and other drugs, sleep, the body, stress and more. They respond to emerging health issues and topics of interest to Amherst College students.

Contact

Amherst Website Page: <https://tinyurl.com/4y9rxjzp>

Email: she@amherst.edu

Instagram: @ac_she

Facebook: @ACSHEs

Supervisor: Taya Westfield (she/her)

Email: twestfield@amherst.edu

Workshops

The SHEs run a range of workshops on a variety of health-related topics, including sexual health, nutrition, alcohol and other drugs, sleep and stress, and more. To request a workshop, use this form: <https://tinyurl.com/cenwsrx4>

Signature Events

- The Graphic Sex Project
- Sex Week (Fall Semester)
- Bodies Week (Spring Semester)

The PAs and SHEs have a number of pamphlets, infographics, and other educational materials regarding sexual wellbeing and respect, reproductive health, drugs and alcohol, sleep and stress, and more. You can find these resources on the 2nd floor of the Health Center.

Office of Identity and Cultural Resources

WGC (Women's and Gender Center)

Contact

Keefe Campus Center 211

Amherst, MA 01002

Phone: 413-542-5667

Email: wgc@amherst.edu

Website: <https://www.amherst.edu/campuslife/our-community/wgc>

Instagram: @amherstwgc

WGC Director: Hayley Nicholas (they/them)

Email: hnicholas@amherst.edu

WGC Assistant Director: Mercedes Loving-Manley (she/her)

Email: mlovingmanley@amherst.edu

The WGC seeks to foster a critical awareness of gender and create an intentional space, accessible to students of all genders, that will serve as a resource and forum for issues related specifically to women and, more broadly, to the experience of gender. The Center promotes learning about and exploring gender through experience, academic inquiry, community organizing, activism, and discussion.

FREE Resources

- Menstruation Supplies: organic pads, tampons, menstrual cups (cups given upon request)
 - How-to-use guides for menstrual cups are located on the pamphlet table!
- Safe sex supplies: condoms, dental dams, finger cots, lube, emergency contraception
- Pregnancy tests
- UTI and yeast infection relief upon request
- Emergency contraception upon request

A note on emergency contraception: Plan B (Levonorgestrel 1.5 mg) is less effective for those who weigh over 155 pounds. Although the effectiveness is decreased, it can still work. Plan B also does not work if the individual has already ovulated. [ella](#), another emergency contraception, is an effective option for those who weigh up to 195 pounds. ella is only available by prescription and generally has a zero dollar copay. In the case of the individual already ovulating, and for those weighing more than 195 pounds, another option is the Paragard IUD, which is the most effective method of emergency contraception. The IUD needs to be placed within 5 days of sexual intercourse. For a Paragard IUD, Planned Parenthood in Springfield is the best option as you can book an appointment without a lot of notice and can have a consultation and insertion within one appointment. Go to the "Local and Regional Resources" section of this packet for more details on Planned Parenthood.

QRC (Queer Resource Center)

Contact

Keefe Campus Center 213

Amherst, MA 01002

Phone: 413-542-5964

Email: grc@amherst.edu

Website: <https://www.amherst.edu/campuslife/our-community/queer-resource-center>

Instagram: [@amherstqrc](https://www.instagram.com/amherstqrc)

QRC Director: Hayley Nicholas (they/them)

Email: hnicholas@amherst.edu

QRC Assistant Director: S. Gibson (they/them)

Email: sgibson@amherst.edu

The QRC furthers conversations around gender and sexuality across campus by providing opportunities for leadership development, intentional programming, and space for community building that centers the support and empowerment of Amherst's LGBTQ+ community. The QRC celebrates the beauty of gender and sexuality diversity through utilizing an intersectional approach to all our work, uplifting the experiences of queer and trans people of color (QTPOC) communities, while countering systems of racism, heterosexism and cissexism.

FREE Resources

- Menstruation supplies: pads, tampons, menstrual cups (cups given upon request)
- Safe sex supplies: Condoms, dental dams, lube
- Pregnancy tests
- Emergency Contraception upon request

A note on emergency contraception: Plan B (Levonorgestrel 1.5 mg) is less effective for those who weigh over 155 pounds. Although the effectiveness is decreased, it can still work. Plan B also does not work if the individual has already ovulated. [ella](#), another emergency contraception, is an effective option for those who weigh up to 195 pounds. ella is only available by prescription and generally has a zero dollar copay. In the case of the individual already ovulating, and for those weighing more than 195 pounds, another option is the Paragard IUD, which is the most effective method of emergency contraception. The IUD needs to be placed within 5 days of sexual intercourse. For a Paragard IUD, Planned Parenthood in Springfield is the best option as you can book an appointment without a lot of notice and can have a consultation and insertion within one appointment. Go to the "Local and Regional Resources" section of this packet for more details on Planned Parenthood.

Center for Counseling and Mental Health

Contact

Scott House

14 Hitchcock Road

Amherst, MA 01002

Website: <https://tinyurl.com/3tua49m8>

Phone: 413-542-2354

Email: ccmh@amherst.edu

The Center for Counseling and Mental Health has a number of support groups and workshops related to sexual and reproductive health and wellbeing, among other topics.

Drop In Groups

Queer Talk

Please join for safe, candid conversations about sexual orientation, sexual identity, and your experiences at Amherst College. All are welcome. Facilitated by Britt Billmeyer-Finn LICSW (she/they) and Caitlin Carmody LICSW.

- Date and time: Fridays, 4-5pm
 - Location: Queer Resource Center (Keefe 213)
 - Please contact Britt Billmeyer-Finn (bbillmeyerfinn@amherst.edu) or Caitlin Carmody (ccarmody@amherst.edu) for more information.
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Confidential Resource Provider

Contact

Dean Gendron, Senior Associate Dean of Students

413-542-2337

dgendron@amherst.edu

Dean Gendron (he/him) is responsible for assisting the Amherst College community with informal and formal conflict resolution. He collaborates closely with students, faculty, and staff to examine community standards and to provide opportunities for the redress of alleged violations of those standards in conjunction with the Community Standards Review Board. Dean works closely with several groups and committees, including the Civil Rights and Title IX Team, the Office of Student Care, and the Alcohol and Other Drugs Task Force (currently dormant with no specified reactivation timeline).

Dean Gendron is the College's Confidential Resource Provider. Dean can confidentially assist individuals by providing information about:

- Reporting options and the effects of each option
- Counseling services available on campus
- Relevant off-campus services and resources
- Supportive measures at the college
- Formal resolution processes available at the college
- The legal process carried out through local law enforcement agencies
- Information about requesting assistance through the courts, such as Abuse Prevention Orders and Harassment Prevention Orders
- Information about college-issued no contact restricted proximity orders
 - The purpose of this College-issued order is to eliminate direct contact and reduce chance encounters between involved persons in a conflict.

Dean will **not** share information with others on campus **unless** you provide consent to do so.

Local and Regional Resources

Abortion Rights Fund of Western Massachusetts

Contact

<https://arfwm.org/>

Phone: 413-582-3532

Email: info@arfwm.org

The Abortion Rights Fund of Western Massachusetts (ARFWM) is a community-based, all-volunteer organization dedicated to overcoming barriers to abortion access. Every person has a human right to make their own decisions about when, whether, and how to create family. But a right is not a right if you can't afford it. To realize the human right to abortion health care, ARFWM provides financial assistance to people seeking abortions who cannot afford them. Their primary commitment is to the communities of the four counties of Western Massachusetts, although they support people across the state and the country when funds are available.

Call or text 413-582-3532 to get financial assistance for your abortion. The ARFWM can also help you find a doctor who takes your insurance, help with travel costs, and help you enroll in MAssHealth and Health Safety Net. They provide a list of vetted virtual and in person clinic options at <https://arfwm.org/clinics>

A Positive Place

Contact

2 Conz Street

Northampton, MA 01060

Hours: Monday-Friday 9am-5pm

Website: <https://www.cooleydickinson.org/programs-services/hiv aids/>

Phone: 413-586-8288

A Positive Place is operated through Cooley Dickinson Hospital and helps those who have tested positive for HIV.

How To Get There

A Positive Place is 20 minutes away by car. You can also take the B43 PVTA to Northampton. The [PVTA](#) is free for 5 College students.

Services

- Medical and social case management
- Government benefits, health insurance, and drug reimbursement application and advocacy
- Housing search, support and subsidies; rental and utilities assistance
- HIV education, positive prevention, risk reduction
- Peer navigation, recovery support and coaching
- Crisis management
- Medical transportation and emergency food assistance
- Referral to treatment, legal, dental, counseling, and other resources

For more information, visit <https://www.cooleydickinson.org/programs-services/hiv aids/>

Center for Women and Community (CWC)

Contact

New Africa House

UMass Amherst

Amherst, MA 01003

Office Hours: Monday-Friday 9am-4pm

Phone: 413-545-0883

Email: cwc@umass.edu

The Center for Women and Community is a multicultural campus-based center established in 1972. We offer many services to meet the needs of the diverse cultural and linguistic populations of the University of Massachusetts, Amherst, Five Colleges and surrounding Hampshire County community. They are housed at the University of Massachusetts Amherst but serve all of Hampshire County.

How To Get There

The Center for Women and Community is 5 minutes away from campus by car. You can also take the 38 PVTA. The [PVTA](#) is free for 5 College students.

- Offers counseling, medical advocacy, support groups, and police, court, and conduct advocacy
- Workshops and Trainings: Free virtual interactive sessions you can request for your club, class, workplace, or other groups
 - Workshops
 - Relationships, Communication, and Conflict
 - Keeping It Consensual
 - Assertive Communication and Respecting Boundaries
 - Exploring Prevention and Response Efforts
 - Be the Good: Using Your Intervention Strategies (YIS)
 - How to Help a Friend
 - Trainings
 - Responding to Disclosures of Sexual Violence
 - Maximizing Effectiveness and Reducing Harm
 - Leaders in Sexual Violence Prevention

Hampshire County Sexual Assault Support and Advocacy (SASA)

The CWC also provides confidential crisis services for survivors of all gender expressions in the Hampshire County and Five College Community. They support survivors of rape; sexual assault; childhood sexual abuse; stalking; domestic violence; emotional, psychological and verbal abuse. Additionally, they are available to support survivors' friends, family members, and significant others. Sexual Assault Support and Advocacy (SASA) is available 24 hours, 7 days/week to provide support, information, crisis intervention, and medical and legal advocacy.

- Sexual Assault Support and Advocacy (SASA) Resources:
 - <https://www.umass.edu/cwc/get-help/sexual-assault-support-and-advocacy-sasa-services>
 - Sexual Assault Support and Advocacy Hotline: 413-545-0800
-

Collective Power for Reproductive Justice

Contact

893 West Street

Amherst, MA 01002

Website: <https://collectivepowerrj.org/>

Phone: 413-559-6976

Email: info@collectivepowerrj.org

Collective Power for Reproductive Justice is an organization that aims to “inspire, educate, and support new activists and leadership to create a world in which reproductive, racial, and economic justice are embedded in our collective liberation.” Collective Power provides opportunities for leadership development, social justice activism, and education about reproductive justice. Collective Power has the following services and opportunities:

- Annual Collective Power for Reproductive Justice Conference
 - This is a national conference that explores the intersections between reproductive freedom and various social justice issues through speakers and workshop options.
 - Located on the Hampshire College campus.
 - Free for 5 College students. You are welcome to donate if you wish.
- Leadership programs, workshops, and classes that empower people to become leaders in the reproductive justice movement
- Placing undergraduate students in paid internships nationally

To learn more, visit <https://collectivepowerrj.org/>

Majestic Saloon

Contact

<https://www.majesticsaloon.com/>

24 Main Street

Northampton, MA 01060

Phone: 413-341-3099

Instagram: [@themajesticsaloon](#)

The Majestic Saloon is a queer bar in Northampton that occasionally has pop up testing sites for HIV and STDs. The dates for the sites are not regular. Follow their Instagram or check out their websites to keep track of future events.

How To Get There

The Majestic Saloon is 15 minutes away by car. You can also take the B43 PVTA bus to Northampton. The [PVTA](#) is free for 5 College students.

Planned Parenthood in Springfield

Contact

3550 Main Street Suite 201
Springfield, MA 01107
Website: <https://tinyurl.com/2jzf2mm7>
Phone: 413-732-1620

Planned Parenthood provides health care services and education about sexual and reproductive health. They are the nation's largest provider of sex education. Their services range across abortion, LGBT care, STD testing, treatment, and prevention services.

How To Get There

Planned Parenthood is around a 30 minute drive from Amherst. It is also accessible via the [Peter Pan](#) bus service and the R29 [PVTA](#) bus which goes to Springfield. The PVTA is free for 5 College students. Additionally, the Keefe Health Center can help arrange transportation.

Sexual Health Counseling and Referral Hotline

The hotline offers objective information and the support necessary for you to make personal and private decisions. This is an anonymous and free service. Call 855-978-0806 (toll-free) or 617-616-1616.

Services

- Abortion
 - Medication abortion available up to 10 weeks of pregnancy
 - Surgical abortion available up to 20 weeks and 6 days of pregnancy
- Birth Control and Emergency Contraception
 - Safer Sex education and supplies
 - Arm Implant
 - Pill
 - Shot
 - Vaginal Ring
 - Condoms and internal condoms
 - Dental dams

- IUD (hormonal and copper)
 - Spermicide
 - Planned Parenthood can fill birth control prescriptions including same-day refills
 - HIV Services
 - HIV testing, education, and referrals
 - Men's Healthcare
 - Check ups for reproductive and sexual health problems
 - STD Testing and Treatment, HPV Vaccine
 - Cancer
 - Fertility
 - Sexual dysfunction
 - Birth control
 - Routine checkups
 - Pregnancy testing and counseling
 - STD testing and treatment
 - UTI testing and treatment
-

Safe Passage

Contact

<https://safepass.org/>

76 Carlon Drive

Northampton, MA 01060

Phone: 413-586-1125

Safe Passage helpline advocates can provide support, resources, and assistance with safety planning for survivors of domestic violence. They serve survivors of [all genders](#). Their services are free, accessible to people with disabilities, and confidential. Services are available in English, Spanish, and other languages. Safe Passage counselors can help you get connected to the statewide system of emergency shelters and additional housing resources. Community services include [counseling](#), advocacy, [support groups](#), and [legal advice and counsel](#) on Probate and Family Court matters., offered at our office in Northampton and in locations throughout Hampshire County.

How To Get There

Safe Passage is 20 minutes away by car. You can also take the B43 PVTA to Northampton. The [PVTA](#) is free for 5 College students.

Services

- Counseling

- Legal advice
- Support groups
- Volunteering

Helpline

- 413-586-5066 or 888-345-5282
 - Open Monday-Friday 9am-5pm
-

Survivor Arts Collective

Contact

116 Pleasant St 2nd floor suite 218
Easthampton, MA 01027

Website: <https://www.survivorartscollective.com/>

Phone: 413-230-8816

Email: isabellagitana22@gmail.com

Peer, trans and queer led collective. Art based support groups and peer counseling for all survivors. Trauma informed care, bystander intervention, and transformative justice community education training, as well as our grassroots community mutual aid and care network. All services are on a sliding scale.

How To Get There

Survivor Arts Collective is 25 minutes away by car. You can also take the B43 PVTA to Easthampton. The [PVTA](#) is free for 5 College students.

Services

- 1 on 1 peer support
 - Art based individual support
 - Peer facilitated support groups
 - Bodywork
 - Peer facilitated online chat support
 - Trainings and events
 - Mutual aid
-

Tapestry Health

Contact

Website: <https://www.tapestryhealth.org/>

1985 Main St. 2nd Floor, Suite 202

Springfield, MA 01103

Phone: 413-586-2016

Email: info@tapestryhealth.org

Tapestry's services include sexual and reproductive healthcare, food access and family nutrition and harm reduction. Tapestry's core and fundamental value is that compassionate and dignified healthcare is a human right. They recognize the injustice that underlies health disparities, and that people face immense barriers to care based on their unique circumstances— income, race or ethnicity, sexual orientation, gender expression, gender identity, where they live, history of trauma, and several other factors. Tapestry provides access without stigma, which means meeting people where they are at and respecting their choices, while providing healthcare, support services and education for safer practices.

How To Get There

Tapestry Health's offices are about 20 minutes away by car. You can also take the B43 PVTA bus to Northampton. The [PVTA](#) is free for 5 College students.

Services

- Sexual and reproductive healthcare offices
 - Reproductive health clinics
 - STI and HIV and pregnancy testing
 - Medication abortion (available in Northampton)
 - Birth control
 - Gender affirming hormone therapy (available through Telehealth)
 - Anybody in the community can access these services, even if you don't have insurance. Services are offered on a sliding scale with funding from the Health Department. You can also call ahead at 413-586-2016 to see if your insurance is covered.
 - All services are confidential! However, for gender affirming hormone therapy, parental consent is needed for minors. For medication abortion, parental consent is needed if you are under 16 years old. If you are a minor who cannot receive parental consent, Tapestry Health can refer you to other healthcare providers.
- Harm Reduction
 - Harm reduction offices
 - Mobile harm reduction vans
 - There is an updated route every week on the Tapestry website
 - Syringe exchanges

- Drug trash testing: You can bring in used needles or other supplies to have tested.
- Narcan trainings
 - Narcan, generic name Naloxone, is a medicine that rapidly reverses an opioid overdose– including overdoses from heroin, fentanyl, and prescription opioid medications.
- WIC offices (available in Hampden County) - provide food assistance for children 5 or under and pregnant people
 - Breastfeeding support
 - Nutrition education services
 - Assistance in paying for food
 - Housing assistance
- Community education including workshops on sexual health
 - These services are free!

Tapestry Health has a number of different offices depending on what service you're looking for. Please visit <https://www.tapestryhealth.org/healthcare-support-services/> to find the addresses and contact information for your specific service.

The X Room

Contact

265 Dwight St

Springfield, MA 01103

Website: clubxroom.com

Instagram: [@thexroom265](https://www.instagram.com/thexroom265)

The X Room is a queer bar in Springfield that occasionally has pop up testing sites for HIV and STDs. The dates for the sites are not regular. Follow their Instagram or check out their websites to keep track of future events.

How To Get There

The X Room is 35 minutes away by car. You can also get there by the [Peter Pan](#) bus service or the R29 or B43 PVTA bus. The [PVTA](#) is free for 5 College students.

Tides for Reproductive Freedom

Contact

Website: <https://www.tidesforchange.org/>

Phone: 413-419-1585

Email: tidesforchange@gmail.com

Tides for Reproductive Freedom is dedicated to providing financial and practical support for people across race, gender, sexuality, spirituality, ethnicity, ability and history seeking access to abortion services.

Their goal is to fill the funding and practical support gaps across the state by working directly with frontline communities. As members of these communities, they find themselves equipt to do the necessary work of centering and working with people from our communities, and building collective power by investing in their leadership.

Tides for Reproductive Freedom is a 501c3 organization who can help pay for the cost of your abortion plus transportation to and from your appointment! Email gettfunding@tidesforchange.org or call 413-419-1585.

TransHealth

Contact

Website: <https://transhealth.org/>

Phone: 413-341-9400

Email: info@transhealth.org

Transhealth is an independent and comprehensive healthcare center that supports and empowers trans and gender-diverse individuals and families. Throughout their history as a community, trans and gender-diverse people have looked to each other for healing, support, and affirmation. Transhealth honors that by serving as a source of hope and showing what good gender-affirming healthcare looks like. As a trans-led organization based in Western Massachusetts, they are expanding the healthcare possibilities for our community. Through expert care, education, research, and advocacy, they work to secure a healthy, affirming future for all.

- If you are a new patient, go through their new patient registration in order to make an appointment and get fully registered into their system: <https://transhealth.org/contact-us/>
- They accept most health insurance plans, including Amherst College Insurance. If you have questions about whether or not your insurance is accepted by Transhealth, call 413-341-9400. If you have questions about your insurance's individual coverage and

benefits, call your insurance company at the number for member services on your insurance card.

National Resources

Abortion Finder

Contact

Website: <https://www.abortionfinder.org/>

AbortionFinder.org features the most comprehensive directory of trusted abortion service providers and assistance resources in the United States.

Services

- Abortion Finder helps to find an abortion provider depending on these factors:
 - Age
 - Date of your last period
 - Region of the United States
 - They have resources about what to expect when getting an abortion, how to choose which type of abortion is best for you, and more
 - The website includes a state-by-state guide
 - Search engine specifically for each state
 - They can help you find funding and support for cost of the procedure, travel, childcare, and lodging
-

Aid Access

Contact

Website: <https://aidaccess.org/en/>

Email: info@aidaccess.org

Aid Access works with a team of US registered abortion providers who will provide FDA registered abortion pills to people in all 50 states.

Services

- Online abortion pill consultations
- Assistance ordering abortion pills by mail, which can be delivered to all 50 states

- Guides of how to use abortion pills
-

Exhale Pro-Voice

Contact

Website: <https://exhaleprovoice.org/>

The Pro-Voice approach centers each individual's unique context, family, culture, and abortion experiences. They follow your lead, hold nuance for you, and support you in tending to your wellbeing in a way that feels best for you. Through this Pro-Voice, abortion-positive approach, they have supported thousands of people over the years.

- Confidential textline: 617-749-2948
 - Also available in Spanish
 - Available in the U.S. and Canada
- Times available: (PST)
 - Weekdays 3-9pm
 - Saturdays 1-9pm
 - Sundays 3-7pm

Pro-Voice experiences a high text volume so expect a response within 24 hours!

National Network of Abortion Funds

Contact

9450 SW Gemini Dr. PMB 16009

Beaverton, OR 97008-7105

Website: <https://abortionfunds.org/contact-us/>

The National Network of Abortion Funds is a network of 100 independent abortion funds. These member funds work to remove financial and logistical barriers to abortion access. NNAF supports member abortion funds by providing grants, leadership development, infrastructure support, and technical assistance.

They have a collection of different funds that can be applied to help cover the cost of an abortion. NNAF will help you find a fund and answer any questions you have about abortion.

Visit <https://abortionfunds.org/need-abortion/>

You can also visit “I Need An A.” I Need an A is a trustworthy outside resource that will answer your questions about abortion. Learn about making an appointment, checking for insurance coverage, and other details you should know when arranging an abortion. Visit

<https://www.ineedana.com/>

ReproCare Healthline

Contact

Website: <https://reprocare.com/>

Healthline Number: 833-226-7821

- Available 12am-12pm EST 7 days a week

Reprocare is a reproductive justice organization that seeks to holistically support access to abortion care in ways that confront economic and racial injustice. Because abortion is one of the most inaccessible, attacked, and underfunded areas of medicine, they hope that by supporting the creation of systems that increase access to abortion — including harm-reduction-focused services — they can also alleviate the cost, location, and cultural barriers to healthcare more broadly.

Services

- Reprocare Healthline is an anonymous healthline with accurate information and emotional support
 - Their website includes funding platforms connecting funds and healthcare providers to eligible patients
 - They offer a list of resources for abortion information, emotional support, information on legal rights, stories about other people’s experiences with abortion
-

SisterSong Women of Color Reproductive Justice Collection

Contact

Website: <https://www.sistersong.net/>

Phone: 404-756-2680

Email: info@sistersong.net

SisterSong is a southern-based and largest national multi-ethnic Reproductive Justice collective that was started by Black women. Their membership includes and represents Indigenous, African American, Arab and Middle Eastern, Asian and Pacific Islander, and Latina women and

LGBTQ people. Membership also includes allies who support women's human right to lead fully self-determined lives. They are dedicated to growing and supporting the RJ movement, and to uplifting the voices and building the capacity of our movement sisters to win access to abortion and all other reproductive rights.

Services

- Reproductive Justice (RJ) training programs
 - RJ 101
 - RJ 102
 - Conferences
 - Let's Talk About Sex
 - Virtual experiences available
 - Discounted rates for registration fees for people 25 years or younger, students, and those with restricted income
 - RJ Leadership Summit
 - [Birth Justice Care Fund](#)
 - Needs-based initiative in Georgia, Kentucky, and North Carolina
 - Covers prenatal, labor, and postpartum support and other essential items like diapers, wipes, car seats, strollers, and breast pumps
 - Relief funds intended for Black and other birthing people of color, especially queer and trans folks during pregnancy and within one year postpartum
 - Explicitly intended to support BIPOC birth workers who are exclusive partners with the fund: you can select a birth worker from the [birth worker directory](#)
-

Hotlines and Helplines

HIV/AIDS Helpline

415-434-2437 or 1-800-628-9240

- [Available 24 hours a day](#)
-

National Domestic Violence Hotline

(800) 799-SAFE (7233)

- [Available 24 hours a day](#)
-

National Sexual Assault Hotline

1-800-656-4673

- [Available 24 hours a day](#)
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Reproductive Rights in Massachusetts

Amidst the fraught state of reproductive rights and freedoms in the United States, laws and policy surrounding reproductive and sexual health are constantly changing. In Massachusetts, individuals have the right to proactive and emergency contraception, including oral contraceptives, implants, and more. For a list of Massachusetts laws surrounding reproductive rights, visit [the Commonwealth of Massachusetts website](#). Regarding state laws surrounding abortion, [abortion is legal in Massachusetts](#) at all stages of pregnancy. However, after 24 weeks of gestation, termination can only be performed if a physician determines it medically necessary, for example in cases of fatal fetal anomalies or to preserve the physical or mental health of the pregnant person. For abortion laws in other states, and to find the closest available abortion provider to you, please use the [Abortion Finder](#) tool, also located in the beginning of the “National Resources” section of this packet. Under FERPA (Family Educational Rights and Privacy Act), student education records are protected and are only accessible to parents and the student themselves once they are aged 18 or over. FERPA prohibits schools from giving a student’s education records to any third parties [with some exceptions](#), including appropriate officials in cases of health and safety emergencies. For information on the Amherst College Confidential Resource Provider, go to page 10 of this packet.

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