

Choosing to end a pregnancy often comes with emotional challenges, but there are often physical challenges too. Davison Health Center offers support and resources for both. CAPS staff has therapists available by appointment (and for urgent, walk-in crisis) to help you navigate the diverse emotions involved. Davison Health Center offers free, post-abortion/post-IUD kits that you can request at your discretion by asking for an **“aftercare kit”** at the appointment window (if you prefer, forms are available in the waiting room to check-off and hand to the receptionist). You also have the option to complete [this form](#) to have one delivered at your convenience. The kit comes in a brown paper bag and includes things such as tea, ginger ale, heating pad, crackers, candy, etc. The aftercare kits are also available for personal care after IUD insertion.

The kits are supported by the Davison Health Center, Student Health Advisory Committee (SHAC) and WesWell.