For more than 100 years, Planned Parenthood has been one of the nation’s leading providers of high-quality, affordable reproductive health care for women, men, and young people, and the nation’s largest provider of sex education. Approximately one in five women in the U.S. has relied on a Planned Parenthood health center for care in her lifetime.

Here in New Jersey, Planned Parenthood serves more than 90,000 individuals each year at our 26 health centers across the state. Planned Parenthood health centers provide a wide range of essential preventive health services, including lifesaving breast and cervical cancer screenings, birth control, testing and treatment for sexually transmitted diseases including HIV/AIDS, and more.

No one does more than family planning providers to prevent unintended pregnancies and keep women and families healthy. As a leading reproductive health care provider in New Jersey, Planned Parenthood sees every day that the best way to prevent unintended pregnancies is to invest in and ensure more women have access to affordable, quality reproductive health care.

On the following pages, Planned Parenthood patients share their stories of care, in their own words.
“I am currently a teacher within the state of New Jersey. I have lived in 3 different towns over the past 3 years as I searched for a full time teaching position. Planned Parenthood has many accessible locations that have helped me keep my health care up to date as they have provided me with important information and birth control. Before finding a full-time teaching position, Planned Parenthood was my first and final stop for health care and screenings based on my needs. Their acceptance and assistance for patients lacking insurance allowed me to get the help I needed. Because of them, I was able to live my life as I chose and know that they were there to offer the care and peace of mind I needed.”

- Jennalee
“I’ve been with Planned Parenthood for about 25 years. What I like about them is that if you don’t have enough money they are willing to work with you and their doors are always open. I also love the way that they explain everything to you. They’ve always been great to me and are very informative with ongoing information. I am glad their doors are open to the public and all ages.” - Henrietta

“I rely on Planned Parenthood for regular STD testing. It’s important for me to be responsible about my sexual health and know that I’m keeping myself and my partners safe. Planned Parenthood’s drop-in service allows me to stay informed on my schedule.” - Erin

“Ever since I became sexually active, Planned Parenthood has been my go-to place for check-ups, testing, and birth control. The services are thorough, reliable, and affordable for me. I couldn’t imagine what life would be like without the help of Planned Parenthood.” - Charnette

“I came in for a routine STD test because Planned Parenthood is close to home. The facility is clean and the staff professional. They were able to provide me with literature I requested as well. I have been here before and plan on returning.” - Anonymous
“My story begins with me being a 19 year old woman dating my first and only boyfriend (still together). My older sister knew we would be sexually active. So she recommended Planned Parenthood considering we didn’t have insurance. Me and my boyfriend do plan on getting married and starting a family eventually. We want to enjoy married life without kids for a while and Planned Parenthood gives me that choice by providing birth control for an affordable price. I wouldn’t go anywhere else. They have excellent doctors and excellent staff who are always there if I have any questions or concerns. I am not ready to have kids. And I want to be financially stable to support a family. Birth control lets me make that choice for when I am ready.”

- Eryn
“Whenever I have a problem I always come to Planned Parenthood. They are affordable and always in a convenient location.” - Albelinda

“I started going to Planned Parenthood right after high school. I had no idea where to go for birth control and annual exams and Planned Parenthood was highly recommended to me by several people. Planned Parenthood has always been very accommodating to my needs and always makes every visit very easy. I would recommend Planned Parenthood to anyone and will definitely continue to come for years ahead.” - Lorena

“I was without insurance for many years. I began coming to Planned Parenthood because it was recommended by a friend. I received very good care and it was very affordable. Everyone was always helpful and I received a lot of information without judgement. Everyone deserves this kind of care.” - Aimee

“My insurance makes it difficult to get the care I need as a woman. Planned Parenthood is a safe haven and it is comforting to know they are available. I found out about Planned Parenthood as a young adult. I felt more comfortable knowing I can take charge of my health then, and I still do now as an adult. Planned Parenthood is a huge resource for many communities, especially low income areas.” - Elian
“In October 2015 I felt a strange lump in one of my breasts. At only 25 I felt terrified and unsure of what to do or where to go. After some research I learned that Planned Parenthood provides breast exams. When I arrived for my appointment the doctor quickly put me at ease. She was kind, thorough, and very helpful. Thankfully it was a false alarm but I now schedule all exams and birth control appointments with Planned Parenthood because I appreciate their genuine and understanding approach, not just towards women, but to all clients.”

- Giannina
“I received an abnormal Pap smear with high grade dysplasia. I went to Planned Parenthood to get retested and receive treatment. I was able to get quick appointments and had both a Pap smear and biopsy done. I then had the LEEP procedure done. Since then I’ve been having follow up appointments at Planned Parenthood. The doctor is great and always made me feel comfortable.”  - Kelly

“For a while I didn’t have health insurance. I wanted to find somewhere I could go that wouldn’t charge me hundreds for birth control and exams being that I am a college student on a budget. Planned Parenthood made my experience comforting and service was quick. Staff members are kind and do their best to make sure you’re informed and get the right form of birth control. Planned Parenthood is essential for low-income earning families.”  - Uliane

“Planned Parenthood has impacted my life in such a positive way. I have the option to go to other doctors or facilities but I choose to go to the Morristown, New Jersey office. The staff, nurses, and doctors are exceptional. They are so caring and explain everything thoroughly to me. I wouldn’t know what to do without them and their care. I even took my son there when he needed care and they were wonderful with him. I would highly recommend Planned Parenthood Morristown and their services.”  - Angelique
“I came to Planned Parenthood because it is the only establishment I feel I can go to without being judged. I come here for testing when I need it as well as having check-ups to ensure that my IUD is still safely placed. When I was younger I was sexually abused. Planned Parenthood takes my trauma into consideration to help keep me comfortable and calm during my exams - a step I have not seen at other places I’ve gone to. If Planned Parenthood were not around I feel that my health and that of other like me would suffer.”

- Kylan
“I first stumbled upon Planned Parenthood when I needed birth control when I first became sexually active. I was scared and didn’t want to contract anything or get pregnant. Planned Parenthood has helped me with that. I recently got an IUD and I absolutely love it. I’m free of worry and most importantly my boyfriend and I are at ease. We want to finish school before starting a family.” - Sha’Cora

“I have been coming to Planned Parenthood for at least 15 years. Growing up without insurance at times and struggling financially has made health care difficult to pay for. Thankfully Planned Parenthood has always been available to guide and educate me on my health. Furthermore, because of their aid with people struggling like myself, I had someplace to go. I’m very thankful for Planned Parenthood.” - Elizabeth

“Planned Parenthood has been a comfortable safe haven for me. Being a teenager, my health and being safe are extremely important. The offices of Planned Parenthood are all judgement-free zones where I always feel comfortable talking about my health concerns whether it be sexually or feminine health related.” - Aliyah
“Por más de 10 años yo y mis 3 hijas hemos usado los servicios de Planned Parenthood, con su ayuda ellas diagnosticaron dano en el wello uterino en una de ellas y rápidamente la trataron y le ofrecen control paro, detectar si tiene celulas alteradas. Todas usamos metodos de planificación y nos hacemos el chequeo anual ginecológico aca. Me siento segura, respetada y muy bien cuidada con los servicios que aca prestán, y elijo venir aca porque sé que tienen los conocimientos y el personal idóneo para detectar cualquier enfermedad a tiempo. Gracias Planned Parenthood.”

- Carmen

Translation: For more than ten years me and my three daughters used the service of Planned Parenthood. With their help they diagnosed damage in the uterine well in one of my daughters and they quickly treated her and offered her control, to detect if she has altered cells. We all use planning methods and we do the annual gynecological check here. I feel safe, respected and very well taken care of with the services they provide here, and I choose to come here because I know they have the knowledge and the right staff to detect any illness on time. Thank you Planned Parenthood.
“After changing jobs and insurance, I was unable to afford my birth control medications which had no generic brand out on the market. It was the lowest dose because my body was incredibly sensitive and I needed it to regulate my cycles. Planned Parenthood and their wonderful doctors were able to work with me to give me something that would work and lessen my fear of switching and harming my body. Overall I’ve been impressed with all the work Planned Parenthood has done. I hope we can continue to fight for reproductive rights for women everywhere.” - Anonymous

“I love this place. Been coming here since 2006. Staff here is very good and nice.” - Kimberly

“Planned Parenthood has helped me keep up with my health by providing me with helpful information regarding birth control, STDs, and overall health tips. As a child, I never had a mother figure around to guide me through all the important information regarding feminine health, but Planned Parenthood has made me very comfortable when I ask questions regarding concerns for my health and they educate me on things like safe sex, contraceptives, testing, and my reproductive health in general.” - Anonymous
“I chose Planned Parenthood because it is affordable and they are very friendly. I had used the Planned Parenthood in Dover years ago. I’m recently divorced and seeing someone so I need birth control. I feel Planned Parenthood provides a great service to women and I support them fully. I have an OBGYN but they are too far and it’s difficult to get an appointment with them. Planned Parenthood’s offices are very comfortable and relaxing. Since my divorce, money is a concern for me, so getting a service at a reduced rate is very important to me.”

- Ayesha
“Planned Parenthood has given me the opportunity to get birth control in a safe, private, and caring setting.” - Casey

“I am so thankful for Planned Parenthood. This is a place I can come in for all my needs. They provide many services that I and other women or even men need. They also educate the younger generation to make the right choices.” - Anonymous

“Planned Parenthood has helped my friends and family so that’s why I decided to come here and start being safe when having sex. I came today to get put on birth control. I’m really grateful for this because Planned Parenthood makes my life easier and it’s very helpful for myself and my partner.” - Crystal

“Planned Parenthood has helped provide me with safe health care and access to birth control resources since I was a teenager. I started birth control because my cycle was irregular and painful, and thanks to Planned Parenthood, I was able to learn about options to help me. Now, Planned Parenthood is helping me make sure I am healthy while I am uninsured. Planned Parenthood is a vital source of preventative health care to a population in need. Having a resource I know I can depend on for safe, affordable health care is so important.” - Claire
“Planned Parenthood is an important part of my community as a college student, because I live in a day where women need a place to be educated on their bodies, which is not easy to find. I’ve learned a lot about myself and my community around me from going to such an open, caring facility that works towards helping and educating young women like myself. Coming from someone that has some serious pain once a month, the birth control availability Planned Parenthood has provided is so helpful and sometimes I take this for granted. When I felt that I had nowhere to go for counseling, Planned Parenthood was there to help. I can’t imagine my friends, family, or future community not having the ability of access that I had/have.”

- Ayesha