Get all the information you need about contraceptives 24 hours a day, 7 days a week!

- Learn about contraceptive methods
- Decide which method is right for you
- Get reproductive health information
- Get clinic information

Simply SMS m4RH to 4127

To access specific contraceptive methods, simply text the following codes:

11 Implants
21 IUCD
31 Permanent methods
41 Injectable
51 Daily pills

61 Emergency contraception
71 Condoms
81 Natural method
91 LAM
99 Clinic locations