RESOURCES

Exhale's Resource Page

Guided Journal

- Abortion Resolution Workbook
  - A guide for those seeking emotional and spiritual resolution after an abortion.
  - Abortion Resolution Workbook - SPANISH
  - Abortion Resolution Workbook - FRENCH

Legal Help

- Repro Legal Helpline
  - Attorneys and advocates provide legal information and support to people navigating complex laws.

Medical Questions

- M+A Hotline
  - Call or text (833)-246-2632; 8AM-1AM ET
  - Provides anonymous abortion helpline support and medical information to people having an abortion at home.

Multiple Abortions

- 2+ Abortions Worldwide
  - A library of more than 1,000 abortion stories.

Religion

- Faith Aloud
  - Call (888) 717-5010; M/W/Fri, 11AM-2PM and 3PM-6PM ET
  - Provides compassionate religious and spiritual support for abortion and pregnancy options
- Imagine Boldy (Jews for Abortion Access)
  - Guide (poems, questions, workbook, art, liturgy, ritual, text and resources)
  - Jewish Ritual Guide
- Adi'yah
  - Featuring Muslim abortion stories
- RCRC Apoyo espiritual de aborto (Spanish language resource)

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Self-Care

- Abortions Welcome
  - Resource for before, during and after abortion.
  - Filter resources by mode (read, listen, watch etc.) and category (meditation, ritual and prayer, stories, art etc.)

Stories

- Exhale ProVoices Stories page
  - Exhale's space for abortion storytelling and sharing.
- Shout Your Abortion
  - Normalizes abortion experiences through story sharing .
- We Testify
  - Dedicated to the leadership and representation of people who have abortions, increasing the spectrum of abortion storytellers in the public sphere.

Support Groups (free and confidential)

- Postpartum Support International (PSI)
  - General Support Group: After-Abortion
    - *To register for the support group you need to do the following:*

1) Click on this link and make sure you are in the "After Abortion Support" section. https://postpartum.net/group/after-abortion-support/
2) Click on the words "Register Here"
3) You will be taken to the Sharewellnow website to register. Sharewell is used to provide a seamless and secure support experience and additional resources. (Note: skip the unlimited offer on the payment page as all the groups are free)
4) Sign-up for the correct group - After Abortion Support
5) Reach out to groups@postpartum.net if you have any questions

- Termination for Medical Reasons
  - *To register for the support group you need to do the following:*

1) Click on this link and make sure you are in the "termination for medical reasons support group" section. https://www.postpartum.net/group/termination-for-medical-reasons-support-group/
2) Click on the words "Register Here"
3) You will be taken to the Sharewellnow website to register. Sharewell is used to provide a seamless and secure support experience and additional resources. (Note: skip the unlimited offer on the payment page as all the groups are free)
4) Sign-up for the correct group - Termination for Medical Reasons
5) Reach out to groups@postpartum.net if you have any questions

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Textline (Emotional Support)

- Exhale Pro-Voice
  - Text (617) 749-2948; Mon-Fri 3-9PM PT, Sat 1-9PM PT, Sun 3-7PM PT
    - Free, confidential and nonjudgmental emotional support textline staffed by compassionate peer counselors.

Talklines (Emotional Support)

- Connect & Breathe
  - Call (866) 647-1764; Mon 7-10PM ET, Tue-Th 6-9PM ET, Sat. 12-3PM ET
  - After-Abortion talkline staffed by people trained to listen and provide unbiased support and encouragement of self-care.
- Reprocare
  - Call or text (833) 226-7821; 9AM-9PM PT every day
  - Anonymous healthline provides peer-based emotional support, medical information, and referrals to people having abortions.

Therapy

- American Psychological Association (APA) Locator
  - Search tool to find a psychologist in local areas.
- Free Black Therapy
  - Provides remote mental health services with Black Mental Health professionals for Black and African American individuals. Absolutely FREE.
- Open Path Collective
  - This nonprofit allows therapists to provide affordable, in-office and online psychotherapy sessions between $40 and $70.
- Pro-Choice Therapists
  - Connects people to a vetted directory of pro-choice therapists.
- Termination For Medical Reasons (TFMR)
  - Directory of pro-choice therapists that have been vetted for TFMR-support.
- Warmline
  - Peer-run listening line alternative to crisis lines for those who are NOT in acute mental health distress but still need someone to talk to; these lines do not contact law enforcement; 24/7 support.