

Resources to help with Roe vs. Wade ruling

June 27, 2022

Reproductive Mental Health Resources

All- Options Talk line

<https://www.all-options.org/>

Phone: (888) 493-0092

All-Options offers peer-based counseling and support. All-Options Talk line is a place where all options, decisions, experiences, and feelings are welcomed and respected, at any point in an individual's journey. You can find more information online.

Exhale Pro-Voice

<https://exhaleprovoice.org/>

Text-line: (617) 749-2948

The free, nonjudgmental Exhale Pro-Voice text-line offers high-quality emotional support, information, and resources for all people after their abortions. The text-line is also available to partners, parents, family members, friends, and allies – including mental health clinicians, abortion providers, doulas, and others offering abortion-related care. All texts are completely confidential.

Miscarriage + Abortion Hotline

<https://www.mahotline.org/>

Phone or Text: (833) 246-2632

The Miscarriage + Abortion Hotline is staffed with pro-abortion clinicians with years of experience in caring for miscarriage and abortion. They provide advice on self-managing miscarriage or abortion.

DOPO Abortion Community Support Group

<https://www.wearedopo.com/home>

DOPO Abortion Community Support Group meets the first Tuesday of every month. This support group provides a safe place to talk about abortion. Please visit the website located above to learn more.

National Resources

Planned Parenthood

<https://www.plannedparenthood.org/get-care/our-services>

Planned Parenthood is a nonprofit organization that provides reproductive health care, sex education, and information. The agency has locations throughout the United States. Please visit the website to view a full list of services available. You can search for a location by entering your search area.

NARAL Pro-Choice America Foundation

<https://www.prochoiceamerica.org/>

The NARAL Pro-Choice America Foundation works to protect and expand reproductive freedom and abortion access across the country. This organization provides education about the issues affecting reproductive freedom, and the impact they have on the lives of women and families. Their main goal is to shift the cultural discourse around abortion access specifically, and reproductive freedom generally, to end the stigma and shame that some place on health services and that hinder women from accessing the care they need.

Center for Reproductive Rights

<https://reproductiverights.org/take-action-abortion-is-essential/>

The Center for Reproductive Rights is a global human rights organization of lawyers and advocates who ensure reproductive rights are protected in law as fundamental human rights for every person. This organization provides a "Take Action Tool Kit" which provides information on how to support, share, and learn more about abortion rights and Roe v. Wade.

National Network of Abortion Funds

<https://abortionfunds.org/funds/>

The National Network of Abortion Funds works to remove financial and logistical barriers to abortion access. Assistance may help with abortion pills, transportation and lodging when travel is required, childcare, doula and emotional support, or other needs voiced by people seeking abortions. Visit the website to locate local chapters.

Abortion Clinics Online (ACOL)

Current National Events

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

Abortion Clinics Online (ACOL) directory has been online since 1995 and has had over 40 million visitors. To find a reputable abortion clinic near you, type in the city or state in the box located on the homepage.

Who Not When

<https://whonotwhen.com/>

Who Not When is a project of [Patient Forward](#) and developed by and with people who have sought abortions later in pregnancy.

The Brigid Alliance

<https://brigidalliance.org/>

The Brigid Alliance arranges and funds confidential, personalized travel support to those seeking abortion care in increasingly hostile environments. The Brigid Alliance arranges and funds travel, along with related needs, to support individuals across the country who are forced to travel for later abortion care.

General Mental Health Resources

United Way 2-1-1

<https://www.211.org/>

Phone: Dial 2-1-1

2-1-1 connects callers to health and human services information and is available 24 hours a day, seven days a week, even during disasters. Information and resources may be provided for a variety of needs including mental health, basic needs, and disaster assistance. Dial 211 from your cell phone to speak with a trained information and referral specialist. Calls are routed to service centers based on your geographic location. You may also search online for resources.

National Council for Mental Wellbeing

www.thenationalcouncil.org

The NCBH operates nationally and connects individuals to local behavioral health providers in their area. For assistance in locating a therapist or other trained professionals, please visit their website.

Current National Events

NAMI

www.nami.org/Home

Helpline: (800) 950-6264

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. There are chapters throughout the United States that provide support groups and educational programs. Please visit the website to learn more about NAMI programs and to find your local chapter. You can also call the NAMI Helpline for more information.

Mental Health America (MHA)

www.mhanational.org

Phone: (800) 969-6642

MHA is a national community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all. MHA promotes mental health as a critical part of overall wellness, including prevention services for all, early identification, and intervention for those at risk, integrated care services, and supports for those who seek recovery. You can contact this agency toll free or visit their website to locate the chapter in your area.

SAMHSA

www.samhsa.gov/find-treatment

Phone: (800) 662-4357

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. By calling or visiting the website, you can locate substance abuse and mental health treatment providers. Part of the search options allows you to locate providers that offer payment assistance programs or sliding fee scale options.

Crisis Text Line

<https://www.crisistextline.org/text-us/>

This agency defines crisis as any painful emotion and anytime you need support. You can chat with a crisis counselor 24/7 by texting **HOME** to **741741**. For more information, please visit their website.

Current National Events

SupportGroups.com

www.supportgroups.com

This website provides a broad spectrum of open board forums on topics regarding addiction, relationships, stress, mental health disorders, and grief. To gain access, please visit their website and create a member name.

This guide provides referrals to resources. It does not endorse or recommend the resource providers. While every effort is made to maintain current provider information, information may change without notice.

Resources For Living

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