

**YOU
ALWAYS
HAVE
OPTIONS**



**EVERYTHING YOU NEED TO KNOW TO GET AN
ABORTION IN THE USA NO MATTER WHAT**

FIND ABORTION PILLS BY MAIL IN ALL 50 STATES

PLAN C

The best single source for locally specific information about obtaining abortion pills in all 50 states and having an abortion at-home with pills.

plancpills.org

LOCATING CLINICS

I NEED AN A

The best single source for locally specific abortion options in all 50 states, including clinics, pills, and resources.

INeedanA.com

FREE CONFIDENTIAL MEDICAL QUESTIONS

THE MISCARRIAGE AND ABORTION HOTLINE

Free, confidential, and secure phone and text hotline staffed by doctors with years of experience caring for miscarriage and abortion.

1-833-246-2632 (call or text)
MAhotline.org

REPROCARE

Anonymous peer-based support, medical info, and referrals for people using abortion medication at home.

reprocare.com
1-833-226-7821

FINANCIAL AND TRAVEL SUPPORT

NATIONAL NETWORK OF ABORTION FUNDS

The largest national, toll-free, multi-lingual Hotline for abortion referrals and financial assistance in the U.S. and Canada.

1-800-772-9100
abortionfunds.org

LEGAL SUPPORT

PREGNANCY JUSTICE

Free legal help for people facing charges related to a pregnancy-related investigation or criminal charge.

nationaladvocatesforpregnantwomen.org

REPRO LEGAL HELPLINE

Free legal help for abortion, pregnancy loss, and childbirth, plus support for people under 18 needing a judge's permission for abortion (required in some states).

1-844-868-2812
ifwhenhow.org

ABORTION DEFENSE NETWORK

Connects abortion providers and supporters with values-aligned attorneys and legal defense funds.

AbortionDefenseNetwork.org

ONLINE PRIVACY TIPS

DIGITAL DEFENSE FUND

Digital security for the abortion access movement.

digitaldefensefund.org/learn

CRISIS SUPPORT

988 SUICIDE AND CRISIS LIFELINE

24-hour, free and confidential support for people in distress.

Call or text 988
suicidepreventionlifeline.org

NATIONAL DOMESTIC VIOLENCE HOTLINE

24-hour confidential service for survivors, victims and those affected by domestic violence.

1-800-799-7233
thehotline.org

RAPE, ABUSE & INCEST NATIONAL SEXUAL ASSAULT HOTLINE

Offers confidential support, resources, and counseling for survivors of sexual violence, available 24/7.

1-800-656-4673
rainn.org

JUDGMENT-FREE COUNSELING AND SUPPORT

ALL OPTIONS

Judgment-free support for experiences with abortion, adoption, birth, parenting, infertility, and pregnancy loss.

1-888-493-0092
all-options.org

EXHALE PRO VOICE

Free, national text line that provides after-abortion emotional support, resources and information in English and Spanish.

1-888-493-0092
all-options.org

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