



RESOURCES TO SUPPORT REPRODUCTIVE HEALTH POST-ROE

ACCESSING PROVIDERS

- <https://www.abortionfinder.org>
- <https://www.ineedana.com>
- <https://www.plannedparenthood.org/abortion-access?>
- <https://abortioncarenetwork.org>
 - Good resource for finding smaller, independent clinics/providers
 - Including a link to their resource list because it is amazing if you want or need more than what has been listed here:
<https://abortioncarenetwork.org/ally-organizations/>

LEGAL SUPPORTS

- <https://www.ifwhenhow.org>
 - Helpline number 844-868-2812
 - Link to online form
<https://www.reprolegalhelpline.org/sma-contact-the-helpline/>
- Not legal support, but great info to reduce privacy risks along with an FAQ section that has info on abortion pills:
<https://abortionpillinfo.org/en/using-abortion-pills-for-safe-abortion-usa>

FINANCIAL SUPPORTS

- <https://abortionfunds.org>
- <https://prochoice.org/patients/naf-hotline/>
 - Offers other supports including connecting with providers and info on the process in addition to financial assistance. You do have to call to request assistance though, and that number is 800-772-9100.
- <https://wrrap.org/assistance-services/find-abortion-funds/>
 - State-by-state listing of local orgs providing financial support.
- Florida based orgs offering financial and other supports:
 - <https://www.flaccessnetwork.org>
 - <https://www.wen-online.org>
 - <https://tbafund.com> (also provides logistical support like transportation)
 - <https://arc-southeast.org> (also provides logistical support like transportation)
- If you're unable to get funds through one of these resources or another that covers medications/procedures/etc and need to use money you've allocated for other expenses, 2-1-1 may be able to help cover other expenses as they offer financial support for utilities, rent, and other bills.

MENTAL HEALTH SUPPORTS

- Text hotline: 617-749-2948 / <https://exhaleprovoice.org>
- Also has a support group
- Text hotline: 833-246-2632 / <https://www.mahotline.org>
- Phone hotline (833) 226-7821 / <https://reprocare.com>
- Phone hotline 888-493-0092 / <https://www.all-options.org>
- List of support groups as well as ways to get involved <https://postroeandbook.com/chat-sheet-for-protecting-access/>

MEDICATION SUPPORTS

- <https://aidaccess.org/en/>
- <https://www.justthepill.com>
- <https://prochoice.org>
- <https://carafem.org>
- <https://www.plancpills.org/>
 - Also offers a free training to become a self-managed abortion "buddy"

POLICY AND REPRODUCTIVE JUSTICE ADVOCACY

Before looking at any of these resources, it may be a good idea to check in with yourself to see where you are mentally, physically, and emotionally. Because these resources have policy related information, it might be overly activating and heighten anxiety. If you're already feeling really anxious, or find yourself becoming more anxious or dysregulated while looking at these resources, take a break to ground yourself. Step away, do something else, take care of your needs. Rest and regulation are essential to our ability to process information in a way that we can use it. These organizations and the information they share will be there when you are ready to start reading again.

- <https://www.guttmacher.org>
- <https://www.ansirh.org>
- <https://www.ibisreproductivehealth.org>
- Ifwhenhow.org is another great resource for this info that was mentioned above

