

## **Abortion Master Doc**

*This document is intended to serve as a master doc for both individuals seeking to learn & support individuals needing abortions & clinics AND for individuals who are seeking an abortion themselves.*

*This document was created on June 24th, 2022 by @serafinablog & will continue to be curated by @serafinablog . I unequivocally stand against the SCOTUS ruling and will do whatever I can to stand for the right to choose and fight for people with uterus to maintain their bodily autonomy. I will continue to edit and update this document as time goes by.*

*Please feel free to comment any additions that may be helpful - **any harmful comments will be deleted.***

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### **GENERAL INFO:**

- *This ruling will disproportionately impact people of color (specifically Black & Indigenous folk). Please seek to support them first!*
- *Using gender neutral language (using people who need abortions or people with uteruses instead of women/feminsism) since women are not the only individuals who need abortions. Additionally abortion restrictions will disproportionately impact trans/non-binary individuals.*
- *Donate/fund independent clinics & abortion funds before giving to Planned Parenthood. PP has lots of BIG donors, but the independent clinics are the clinics doing the majority of abortions, yet have the least funding*
- *The abortion pill IS still accessible (although Texas is threatening/attempting to restrict mailing access).*
- *This ruling will impact states with trigger laws (mainly in the midwest/south) MORE than other states. So please try to donate/support those states before supporting your local community (if in a blue state)*
- *Please don't hoard or buy a ton of plan B/abortion pills. Let people who need them get them first!*
- *Please refrain from using The Handmaid's Tale/Coat Hanger Imagery.*
  - *Coat Hanger imagery is harmful because it sends the message that coat hangers will be the next step post Roe. This is not accurate. We have the abortion pill and we need to spread info about this first. Spreading hanger imagery can falsely educate others and potentially cause harm/create unnecessary danger.*
  - *Using "The Handmaid's Tale" as a symbol for the reproductive justice movement is not helpful. The things that occur in this show/book have already happened to Black & Indigenous folks. Using it as a symbol now only communicates that we care when these atrocities impact white women. We need to be as inclusive as possible!*

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### **HOTLINES**

- NAF Hotline (“the largest national, toll-free, multi-lingual Hotline for abortion referrals and financial assistance in the U.S. and Canada. We provide callers with accurate information, confidential consultation, and referrals to providers of quality abortion care”) - **1-800-772-9100**
  - Monday to Friday 8AM-7PM EST & Sat/Sun 8AM-4PM EST
  - Link: <https://prochoice.org/patients/naf-hotline/>
- NAF Referral Line (referrals to providers): 1-877-257-0012
- Rape, Abuse, & Incest National Network: 1-800-656-HOPE
- National Domestic Violence Hotline: 1-800-799-SAFE (7233)
- National Sexual Assault Hotline: 1-800-656-4673
- Jane’s Due Process Hotline: 1-866-999-5263
- M + A Hotline (miscarriage & abortion hotline): 833-246-2632
- All-Options Hotline - Reproductive Options Advice/Guidance: 1-888-493-0092
- Reprocare (abortion hotline - emotional support, peer-based support, medical information) - <https://abortionhotline.org/> / (833) 226-7821
- LGBT National Hotline: 1-888-843-4564
- LGBT National Youth Talkline: 1-800-246-7743
- National Suicide Prevention Line: 1-800-273-TALK (8255); 24 hours; English (other languages vary) 1-888-628-9454; 24 hours; Spanish 1-800-799-4TTY (4889); 24 hours; TTY

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#### **ABORTION CLINICS DIRECTORY:**

- Abortion Care Network: <https://abortioncarenetwork.org/abortion-care-providers/>
- Finding A Clinic: <https://www.ineedana.com>
- Abortion Finder: <https://www.abortionfinder.org>
- Abortion Clinic Pages: <http://www.abortionclinicpages.com>
- Abortion Clinics Online: <https://www.abortionclinics.com>
- National Abortion Federation: <https://prochoice.org/patients/find-a-provider/> - **SPANISH TRANSLATION AVAILABLE**
- Handbook for a Post-Roe America Directory: <https://postroehandbook.com/2019/05/09/information-about-abortion-practical-support-groups-by-region/>

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#### **ABORTION FUNDS IN EVERY STATE DIRECTORY - Both to donate & to utilize if you need an abortion:**

- National Network of Abortion Funds: <https://abortionfunds.org/need-abortion/#funds-list>
- Find Your Local Abortion Fund: <https://abortionfunds.org/funds/>

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#### **RESOURCES FOR PEOPLE SEEKING AN ABORTION:**

- **Clinic info listed above**
- Finding A Clinic: <https://www.ineedana.com>
- Jane’s Due Process for individuals seeking an abortion under the age of 18 (specifically for individuals in TX) - <https://janesdueprocess.org> - **PAUSED DUE TO RULING TEXAS**
- Planned Parenthood: <https://www.plannedparenthood.org/health-center>

- DOPO Co-Op - Abortion Doula Info: <https://www.wearedopo.com>
- Laws State by State regarding abortion:  
<https://www.plannedparenthoodaction.org/abortion-access-tool/US>

### **ABORTION PILL RESOURCES**

- Abortion On Demand - Telemedicine Abortion Pill Care - <https://abortionondemand.org>
- Plan C - Abortion pills mailed to your home - <https://www.plancpills.org>
  - Plan C Abortion Pill State by State locator: <https://www.plancpills.org/find-pills>
- Aid Access (abortion pills mailed) - <https://aidaccess.org>
- Hey Jane (abortion pills mailed) <https://www.heyjane.co>

### **PLAN B RESOURCES**

**\*PLEASE NOTE: PLAN B IS NOT BANNED OR ILLEGAL - THIS IS SIMPLY TO LOCALIZE ACCESS SO PEOPLE KNOW HOW TO DISCREETLY ACCESS PLAN B & MAIL IT TO THEIR HOMES\***

- Where to buy:
  - Target:  
<https://www.target.com/p/plan-b-one-step-emergency-contraceptive/-/A-14847439>
  - Walgreens:  
<https://www.walgreens.com/store/c/plan-b-one-step-emergency-contraceptive/ID=prod6401038-product>
  - CVS:  
<https://www.cvs.com/shop/plan-b-one-step-emergency-contraceptive-tablet-product-876669>
  - Amazon: <https://www.amazon.com/Plan-B-One-Step-1-tablet/dp/B00H2D6WUA>
- Plan B Info:  
<https://www.plannedparenthood.org/learn/morning-after-pill-emergency-contraception/whats-plan-b-morning-after-pill>

### **RESOURCES FOR BLACK & INDIGENOUS INDIVIDUALS SEEKING REPRODUCTIVE CARE & BIRTHING SUPPORT / ORGS THAT DIRECTLY SUPPORT BIPOC REPRODUCTIVE JUSTICE**

- Sister Song - <https://www.sistersong.net>
- Sister Reach - <https://www.sisterreach.org>
- Black Mamas Matter Alliance (Maternal health support for Black birthing people) - <https://blackmamasmatter.org>
- National Latina Institute For Reproductive Justice: <https://www.latinainstitute.org>
- Indigenous Women Rising: <https://www.iwrising.org>
- The Afiya Center (reproductive health + abortion access for Black women):  
<https://www.theafiyacenter.org>

### **RALLIES & WAYS TO GET INVOLVED WITHOUT FINANCIAL FUNDS**

- **Abortion Access Front's Operation Save Abortion:**  
<https://www.aafont.org/operation-save-abortion/> - JULY 17TH - LIVESTREAM AVAILABLE
- Shout Your Abortion Protest Materials: <https://shoutyourabortion.com/materials/>
- Bay Area Rallies: [Here-s-where-abortion-rights-rallies-are-17264069.php](https://www.bayarearallies.com/here-s-where-abortion-rights-rallies-are-17264069.php)
- We Won't Go Back Rally/Protest Directory (find an event near you):  
<https://map.wewontgoback.com/?source=ppfa>

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### GENERAL ORGANIZATIONS TO SUPPORT & FOLLOW

- Abortion Access Front: <https://aafont.salsalabs.org/aafontdonation/index.html>
- Abortion Care Network: <https://abortioncarenetwork.org/donate/>
- Shout Your Abortion: <https://shoutyourabortion.com>
- NAF Hotline Fund: <https://prochoice.org/donate/naf-hotline-fund/>
- Clinic Vest Project: <http://www.clinicvestproject.org>
- Colorado Doula Project: <https://www.coloradodoulaproject.org/about-us>
- Plan C: <https://www.plancpills.org/donate>
- Abortion On Our Own Terms: <https://abortiononourownterms.org>
- National Institute for Reproductive Health: <https://www.nirhealth.org/what-we-do/impact/>
- Women's Reproductive Rights Assistance Project: <https://wrrap.org>

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### ADDITIONAL RESOURCE LISTS:

- AAF's Resources: <https://www.aafont.org/resources/>
- Shout Your Abortion Resources: <https://shoutyourabortion.com/resources/>
- Abortion On Our Own Terms (educational resources):  
<https://abortiononourownterms.org/educational-resources/>

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### CLINICS/FUNDS TO SUPPORT IN HIGH RISK STATES (States with trigger laws or with heavy abortion bans) - info from @fundabortionnotpolice

- ARC Southeast (ALABAMA, FLORIDA, GEORGIA, MISSISSIPPI, SOUTH CAROLINA, AND TENNESSEE): <https://arc-southeast.org>
- Yellowhammer Fund (ALABAMA, MISSISSIPPI & THE DEEP SOUTH):  
<https://www.yellowhammerfund.org>
- Arkansas Abortion Support Network: <https://www.arabortionsupport.org>
- Abortion Fund of Arizona: <https://www.abortionfundofaz.org>
- Tucson Abortion Support Collective: [https://www.abortionintucson.org/home\\_english](https://www.abortionintucson.org/home_english)
  - SPANISH: <https://www.abortionintucson.org/bienvenidxs>
- Kentucky Health Justice Network: <https://www.kentuckyhealthjusticenetwork.org>
- New Orleans Abortion Fund: <https://www.neworleansabortionfund.org>
- Mississippi Reproductive Freedom Fund: <https://www.msreprofreedomfund.org>
- Missouri Abortion Fund: <https://mofund.org>
- North Dakota WIN Fund: <https://www.ndwinfund.org>
- Roe Fund (OKLAHOMA): <https://www.roefund.org>

- Justice Empowerment Network South Dakota: <https://www.jensd.org>
- Mountain Access Brigade (APPALACHIA & THE SOUTHEAST): <https://mountainaccessbrigade.org>
- Abortion Care Tennessee: <https://abortioncaretn.org>
- Frontera Fund: <https://fronterafundrgv.org> - **CURRENTLY PAUSED FUNDING**
- Jane's Due Process (support for minors in TEXAS): <https://janesdueprocess.org> - **PAUSED CARE BUT NOT FUNDING DUE TO RULINGS IN TX**
- Lillith Fund (TEXAS): <https://www.lilithfund.org> - **PAUSED CARE BUT NOT FUNDING DUE TO RULINGS IN TX**
- The Afiya Center (TEXAS): <https://www.theafiyacenter.org>
- West Fund Texas (WEST TEXAS): <https://www.westfund.org> - **PAUSED CARE BUT NOT FUNDING DUE TO RULINGS IN TX**
- Bridge Collective (TEXAS): <https://thebridgecollective.org> - **PAUSED CARE BUT NOT FUNDING DUE TO RULINGS IN TX**
- Buckle Bunnies Fund (TEXAS): <https://www.bucklebunnies.org>
- Texas Equal Access Fund: <https://teafund.org>
- Utah Abortion Fund: <https://utabortionfund.org>
- Hollar Health Justice (WEST VIRGINIA): <https://www.hollerhealthjustice.org>
- Women's Medical Fund (WISCONSIN): <https://wiabortionfund.org>
- Chelsea's Fund (WYOMING): <https://www.chelseasfund.org>

**ADDITIONAL ACCESS FUNDS TO SUPPORT NOT EXCLUSIVE TO ONE OR A FEW STATES (help break the barriers between you & abortion care - aka fund travel, childcare, lodging etc.)**

- Midwest Access Coalition: <https://midwestaccesscoalition.org>
- Brigid Alliance: <https://brigidalliance.org>
- Northwest Abortion Access Fund: <https://nwaafund.org>
- Abortion Access Fund: <https://abortionaccessfund.org>
- Whole Women's Stigma Relief Fund: <https://www.wholewomanshealthalliance.org/the-stigma-relief-fund/>

#### **WAYS TO AVOID FAKE CLINICS:**

- [ExposeFakeClinics.com](https://ExposeFakeClinics.com)
  - What is a Fake Clinic? : <https://www.exposefakeclinics.com/what-is-a-cpc-2>
  - Fake Clinic Directory: <https://www.exposefakeclinics.com/list-of-states>

#### **EMOTIONAL SUPPORT & THERAPY FUNDS:**

- All Options - <https://www.all-options.org>
- Exhale (after-abortion support) - <https://exhaleprovoice.org> - 617-749-2948

- Support Groups: <https://exhaleprovoice.org/support-groups/>
- Connect & Breathe (abortion emotional support via hotline) - 1-866-647-1764
- Peace After Abortion: <https://www.peaceafterabortion.com>
- Healthy Coping After An Abortion (downloadable PDF) - [http://static1.squarespace.com/static/554d6ae9e4b063a0302afbb6/t/5574df33e4b0af307614159d/1433722675443/Healthy\\_Coping\\_Abortion.pdf](http://static1.squarespace.com/static/554d6ae9e4b063a0302afbb6/t/5574df33e4b0af307614159d/1433722675443/Healthy_Coping_Abortion.pdf)
- Inner Healing After Abortion (downloadable PDF): <https://chodarr.org/sites/default/files/chodarr1084.pdf>
- Ending A Wanted Pregnancy: <https://endingawantedpregnancy.com>
- The Loveland Foundation (therapy for Black women & girls): <https://thelovelandfoundation.org/loveland-therapy-fund/>
- The Rooted Compassion Fund: <https://www.rootedrelationaltherapy.com/rcf>
- Radical Therapist Network Therapy Fund (This fund has been set up to support queer, trans and intersex Black, Indigenous and people of colour to access free weekly therapy for a year.) - <https://www.radicaltherapistnetwork.com/qtibipoc-therapy-fund>
- Playlist for affirmations & love - <https://open.spotify.com/playlist/6icazS6pLwsMpsWW0p2vWM?si=cfb919cfdcb94d81>

#### LEGAL SUPPORT:

- Jane's Due Process: <https://janesdueprocess.org> - **PAUSED DUE TO RULINGS IN TX**
- ACLU: <https://www.aclu.org/issues/reproductive-freedom>
- Reprolegal Hotline: 844-868-2812 / <https://reprolegaldefensefund.org/>
- If/When/How: <https://www.ifwhenhow.org>

#### WAYS TO PROTECT YOURSELF DIGITALLY

- Delete Period Tracking apps that sell/share your data (including ones like Flo)
  - In order to delete Flo, you must contact their customer service team & it takes 29 days to delete your data completely. You must also delete your data off of the Health app if you have an iPhone
- **STARDUST IS CURRENTLY FACING CRITICISM FOR THEIR PRIVACY POLICY - PLEASE REVIEW PRIOR TO TRUSTING:** Download privacy forward Period tracking apps if you feel you need an app like Stardust - <https://www.thestardustapp.com>
  - **Statement from Stardust on 6/24/22**
    - "In light of the recent news about Roe v. Wade, we want to make our commitment clear to you. We are a women-owned app founded on a belief in freedom of choice and freedom of privacy. We do not sell data. We have never sold data. We will never sell data. We have encrypted your information to ensure that no governments or companies will ever access data that belongs to you and you alone. It will stay this way forever."
    - Link to privacy policy: <https://minnow-clarinet-j6yf.squarespace.com/privacypolicy>

- Learn more about how to protect yourself digitally via the Digital Defense Fund  
<https://digitaldefensefund.org>
    - Learn more here: <https://digitaldefensefund.org/learn>
    - VPN Guide: <https://digitaldefensefund.org/ddf-guides/ddf-vpn-guide>
    - Volunteer here: <https://digitaldefensefund.org/volunteer>
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## RESOURCES TO LEARN & SUPPORT:

### ACCOUNTS TO FOLLOW:

- @ abortioncarenetwork
- @ abortionfront
- @ midwest\_access\_coalition
- @ nationalabortionfederation
- @ shoutyourabortion
- @ abortionfunds
- @ soihadanabortion
- @ indigenouswomenrising
- @ abortionlibrarian
- @ janesdueprocess
- @ fundabortionnotpolice
- @ nwaafund
- @ aidaccess
- @ plancpills
- @ reproductiveaccess
- @ reprorights
- @ blackmammasmatter
- @ ppact
- @ reprofilmofficial
- @ reprocare\_healthline
- @ bucklebunniesfundtx
- @ abortionfinder
- @ heyjanehealth
- @ roefund
- @ calloutfakeclinics
- @ keepourclinics
- @ wrraprojustice
- @ theabortionproject
- @ voteaprochoice
- @ arc\_southeast
- @ nationalwomenslawcenter
- @ osaunmasked
- @ abortion\_embroidery
- @ brigidalliance



- @ yellowfund
- @ lilithfund
- @ thankgodforabortion
- @ reproequitynow
- @ wetestify
- @ access\_rj
- @ ifwhenhow
- @ prochoiceamerica
- @ plannedparenthood

#### **READING - FOLLOW @abortionlibrarian FOR MORE BOOK RECS:**

- “You’re The Only One I’ve Told: The Stories Behind Abortion” by Dr. Meera Shah - LINK: <https://bookshop.org/books/you-re-the-only-one-i-ve-told-the-stories-behind-abortion-9781705253267/9781641603638>
- “The Story of Jane: The Legendary Underground Feminist Abortion Service” by Laura Kaplan - LINK: <https://bookshop.org/books/the-story-of-jane-the-legendary-underground-feminist-abortion-service-enlarged/9780226625324>
- “New Handbook for a Post-Roe America: The Complete Guide to Abortion Legality, Access, and Practical Support” by Robin Marty & Amanda Palmer - LINK: <https://bookshop.org/books/new-handbook-for-a-post-roe-america-the-complete-guide-to-abortion-legality-access-and-practical-support/9781644210581>
- “Undivided Rights: Women of Color Organizing for Reproductive Justice” by Jael Silliman, Marlene Gerber Fried, Loretta Ross, & Elena Gutiérrez - <https://www.amazon.com/Undivided-Rights-Organizing-Reproductive-Justice/dp/1608466175>
- Expose Fake Clinics Blog: <https://www.exposefakeclinics.com/blog>
- The Turnaway Study PDF: [https://www.ansirh.org/sites/default/files/publications/files/turnaway\\_study\\_brief\\_web.pdf](https://www.ansirh.org/sites/default/files/publications/files/turnaway_study_brief_web.pdf)
  - <https://www.ansirh.org/research/ongoing/turnaway-study>
- Jane’s Due Process Blog: <https://janesdueprocess.org/blog/>
- “What’s An Abortion Anyway?” by Carly Manes + Emulsify - CHILDREN’S BOOK - <https://www.whatsanabortionbook.com>

#### **PODCASTS TO LISTEN TO:**

- Feminist Buzzkills Live presented by Abortion Access Front - <https://www.aafont.org/fbklive/>
- The Abortion Diary - <https://www.theabortiondiary.com>
- Aborsh (a podcast on abortion in Canada) - <https://podcasts.apple.com/us/podcast/aborsh/id1627500558>



- Episode 33 of Mindful Minds Podcast (Abortion Access & Myths with Moji & Marie of @abortionfront & Feminist Buzzkills Live) - <https://open.spotify.com/episode/2n5pykMhAJoxNENoVYYOJn?si=a4c6c4f37a674153>
- Access Pod - Answers to all the questions you were afraid to ask about abortion: <https://www.apodcastaboutabortion.com>

#### **MOVIES TO WATCH - FOLLOW @ reprofilmoofficial FOR MORE RECS:**

- Plan B (2021) - available on Hulu
- Unpregnant (2020) - available on HBO Max
- Never Rarely Sometimes Always (2020) - available on Prime Video

#### **STORIES OF ABORTIONS:**

- So, I Had An Abortion... - <https://soihadanabortion.squarespace.com>
- We Testify - <https://www.wetestify.org/stories>
- Abortion Out Loud - <https://www.advocatesforyouth.org/abortion-out-loud/>
- Holding Our Space - <https://holdingourspace.tumblr.com>
- Project Voice - <https://www.projectvoice.org>
- Connect & Breathe Stories - <http://www.connectandbreathe.org/stories>