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Resources

Options Counseling:

- All-Options Talkline
 - Counselors to talk through all pregnancy options
 - 1-888-493-0092
- Faith Aloud
 - Spiritual/religious counselors to talk about all pregnancy options
 - 1-888-717-5010
- Pregnancy Options Workbook
 - Online workbook to do yourself (scan QR code for link)

After Abortion Emotional Support:

- Exhale (text only)
 - 617-749-2948
- Connect & Breathe (talk only)
 - 1-866-647-1764
- Emotional Resolution Workbook
 - Online (scan QR code for link)

Other Website/Resources:

- Shout Your Abortion
- So, I had an abortion
- The abortion diary
- Exhale
- At-home abortion care plan
 - (scan QR code for link)

Support Groups:

- Postpartum Support International
 - Online support groups
- Ending A Wanted Pregnancy
 - Online forum & support groups

Termination for medical reasons:

- Defending Grace
- A Heartbreaking Choice
- Ending A Wanted Pregnancy