

**Please be safe and be aware of clinics (e.g. Crisis Pregnancy Centers) that give out dangerous misinformation on abortions and pregnancy.**

**Please comment if you would like to add a resource, or if a link is dead. And share this on whatever social media you want!**

## **Resources for healthcare**

[Amnesty.org](#) - Basic facts about Abortion

[Gynopedia](#) - a nonprofit organization that runs an open resource wiki for sexual, reproductive, and women's health care around the world

[Guttmacher Institute](#) - a primary source for research and policy analysis on abortion in the United States.

[National Abortion Federation](#) - The mission of the National Abortion Federation is to unite, represent, serve, and support abortion providers in delivering patient-centered, evidence-based care.

[National Network of Abortion Funds](#) - connects you with organizations that can support your financial and logistical needs as you arrange for your abortion.

[Planned Parenthood](#) - A Comprehensive Guide for Unplanned Pregnancy

[RAINN](#) - National Sexual Assault Hotline

[Religious Coalition for Reproductive Choice](#) - a network of ministers and rabbis that refer women to abortion providers they had researched and found to be safe

[Texas Equal Access Fund](#) - provides emotional and financial support to people who are seeking abortion care.

[Women's Reproductive Rights Assistance Project](#) - helps bridge the financial gap for women who seek an abortion or emergency contraceptives.

## **Help to get an abortion**

[AbortionFinder](#) - With more than 750 health centers, AbortionFinder.org features the most comprehensive directory of trusted (and verified) abortion service providers in the United States.

### [Abortion Funds in Every State](#)

[Afiya Center](#) - their mission is to transform the lives, health, and overall well-being of Black women and girls by providing refuge, education, and resources. They act to ignite the communal voices of Black women resulting in our full achievement of reproductive freedom.

[AidAccess](#) - consists of a team of doctors, activists, and advocates for abortion rights that help people access abortion or miscarriage treatment. They send the pill worldwide for \$110/90€. **IF YOUR STATE IS TRYING/HAS BANNED ABORTION PILLS BY MAIL, THIS IS YOUR BEST BET**

[All-Options Talkline and linked recourses](#) - Pregnancy, Parenting, Abortion & Adoption

[Arkansas Abortion Support Network](#)

[Blue Ridge Abortion Fund](#) - provides community members with financial support, transportation, and lodging assistance for abortions. Through education and community outreach, we reduce stigma and increase awareness.

[Bridge Collective](#) - provides practical and responsive abortion services to Central Texas

[Buckle Bunnies Fund](#) - provides practical support for people seeking abortions. Help with transportation, funds to help with hotels, lodging costs, and emergency contraceptive funds to go towards abortion.

[Carafem](#) - helps with abortion, birth control, and questions about reproductive healthcare. They do consultations online and send abortion pills in the mail.

[Cobalt Abortion Fund](#) - provides direct financial assistance to individuals seeking abortion care. Our mission is to work toward reproductive freedom for all people and to provide financial assistance without judgment or question to people who seek an abortion but are unable to pay the full cost.

[Colorado Abortion Providers](#)

[COLOR Latina](#) - a community-rooted nonprofit organization that works to enable Latinx individuals and their families to lead safe, healthy, self-determined lives in Colorado

[Elevated Access](#) - offers free flights for abortion and gender affirming care.

[Exhale](#) - provides counseling after abortions

[Faith Aloud](#) - compassionate religious and spiritual support for abortion and pregnancy options

[Frontera Fund](#) - makes abortion accessible in the Rio Grande Valley (Texas) by providing financial and practical support regardless of immigration status, gender identity, ability, sexual orientation, race, class, age, or religious affiliation and to build grassroots organizing power at intersecting issues across our region to shift the culture of shame and stigma.

[HeyJane](#) - Modern abortion care, without the clinic, Get fast, safe, and affordable abortion care from home. Chat with a medical provider within 36 hours. Medications are shipped daily.

[If/When/Now](#) - reproductive legal helpline about your legal rights for at home abortion.

[International Consortium on Emergency Contraception](#) - Emergency Oral Contraceptive Doses for Birth Control, U.S.

[Jane's Due Process](#) - helps minors in Texas with judicial bypass for abortion, navigate parental consent laws and confidentially access abortion and birth control. They provide free legal support, 1-on-1 case management, and stigma-free information on sexual and reproductive health.

[Justice Empowerment Network](#) - focuses on abortion access in South Dakota

[Kentucky Health Justice Network](#) - helps with both abortion care and gender-affirming care in Kentucky

[Lillith Fund](#) - the oldest abortion fund in Texas, serving the central and southern regions of the state with direct financial assistance for abortions.

[M+A Hotline](#) - a hotline for those self-managing abortion or miscarriage. Includes links to where to obtain pills.

[Midwest Access Coalition](#) - helps people traveling to, from, and within the Midwest access a safe, legal abortion with support in the following areas: travel coordination and costs, lodging, food, medicine, and emotional support.

[Missouri Abortion Fund](#)

[Mississippi Reproductive Freedom Fund](#)

[North Dakota Win Fund](#)

[Northwest Abortion Access Fund](#) - provides funds to help folks in Idaho, Washington, Oregon, and Alaska

[Plan C Pills](#) - provides up-to-date information on how people in the U.S. are accessing abortion pills online

[Planned Parenthood](#)

[Reprocare](#) - provide support to people having abortions with pills at home.

[Repro Legal Helpline](#) - a free, confidential helpline where you can get information about your legal rights regarding self-managed abortion.

[Safe to Choose](#) - provides accurate information on safe abortion options

[Sister Song](#) - mission is to strengthen and amplify the collective voices of indigenous women and women of color to achieve reproductive justice by eradicating reproductive oppression and securing human rights.

[Susan Wicklund Fund](#) - Montana's only abortion fund, completely run by volunteers.

[Westfund](#) - focuses on Latino and low-income communities

[Women Help Women](#) - provide information on self-managed medication abortions. they have volunteers who answer questions who are based outside the US so they're out of the reach of any Texas-style bounty laws.

[Women on Web](#) - an online abortion service that can help you do a safe abortion with pills.

[Yellowhammer Fund](#) - abortion fund and reproductive justice organization serving Alabama and the Deep South.

### **Subreddits for Support And Organizing**

- [r/abortion](#)
- [r/childfree](#)
- [/r/prochoice](#)
- [r/roevwade2022](#)
- [/r/VoteDEM](#)

### **Pro-choice Charities**

#### [89 Abortion Funds That You Can Give To Immediately](#)

#### [Abortion Funds in EVERY State](#)

#### [Abortion Funds in Every State II](#)

#### [ACLU](#)

[Afiya Center](#) - their mission is to transform the lives, health, and overall well-being of Black women and girls by providing refuge, education, and resources. They act to ignite the communal voices of Black women resulting in our full achievement of reproductive freedom.

[Avow Texas](#) - works to secure unrestricted abortion access for every Texan.

[Blue Ridge Abortion Fund](#) - provides community members with financial support, transportation, and lodging assistance for abortions. Through education and community outreach, we reduce stigma and increase awareness.

[Bridge Collective](#) - provides practical and responsive abortion services to Central Texas

[\*\*Buckle Bunnies Fund\*\*](#) - provides practical support for people seeking abortions. Help with transportation, funds to help with hotels, lodging costs, and emergency contraceptive funds to go towards abortion.

[\*\*Catholics for Choice\*\*](#) - a nonprofit organization that lifts up the voices of the majority of Catholics who believe in reproductive freedom. A good source for counterpoints to right-wing Christian arguments against abortion and birth control.

[\*\*Clinic Access Support Network\*\*](#) - mobilizing the power of volunteers, CASN provides transportation, meal stipends, accommodations, childcare assistance, and compassionate care to people seeking abortion services in Houston.

[\*\*Cobalt Abortion Fund\*\*](#) - provides direct financial assistance to individuals seeking abortion care. Our mission is to work toward reproductive freedom for all people and to provide financial assistance without judgment or question to people who seek an abortion but are unable to pay the full cost.

[\*\*COLOR Latina\*\*](#) - a community-rooted nonprofit organization that works to enable Latinx individuals and their families to lead safe, healthy, self-determined lives in Colorado

[\*\*Frontera Fund\*\*](#) - makes abortion accessible in the Rio Grande Valley (Texas) by providing financial and practical support regardless of immigration status, gender identity, ability, sexual orientation, race, class, age, or religious affiliation and to build grassroots organizing power at intersecting issues across our region to shift the culture of shame and stigma.

[\*\*Fund Texas Choice\*\*](#) - helps Texans equitably access abortion through safe, confidential, and comprehensive travel services and practical support.

[\*\*How to Show up For Abortion Access\*\*](#) -

[\*\*Jane's Due Process\*\*](#) - helps minors in Texas with judicial bypass for abortion, navigate parental consent laws and confidentially access abortion and birth control. They provide free legal support, 1-on-1 case management, and stigma-free information on sexual and reproductive health.

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[Planned Parenthood](#)

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[Smile Amazon](#) - choose The National Network of Abortion Funds or another other pro-choice charity as your charity for a portion of the money you spend to be sent to them

[Westfund](#) - focuses on Latino and low-income communities

[Women Help Women](#) - provide information on self-managed medication abortions. they have volunteers who answer questions who are based outside the US so they're out of the reach of any Texas-style bounty laws.

[Yellowhammer Fund](#) - abortion fund and reproductive justice organization serving Alabama and the Deep South.

## **Get Involved in Politics/Activism**

[Donate to Your Local Democratic Party](#)

**Join your local Democratic Party!** Google "[Your state] Democratic Party", find the link to the local parties page, and get in touch with your county's party chair. You could even become a precinct committee member! In some states (like Pennsylvania), that means you get to help pick candidates for special elections!

[Ballotpedia](#) - Research who is on your ballot, and links to their websites and positions

[Can I Vote Early?](#) - Many states allow you to vote before election day. Find out what your state's rules are

[dream defenders](#) - they are fighting to end the criminalization of black youth in the united states

[EMILY's List](#) - Elect candidates in favor of abortion rights and represent the people they serve.

[Fair Fight](#) - Donate/Volunteer to Stacy Abram's organization

[How to Register to Vote](#) - Check here to see if you are registered to vote. If you are not, 40 States Plus DC allows you to register online

[Men4Choice](#) - a resource for men to learn how to be effective allies.

[national black justice coalition](#) - they work toward making employment and education opportunities more inclusive for black LGBTQ members.

[Online Abortion Resource Squad](#) - Bringing accurate, supportive information about abortion to online forums

[Rally List](#) - Find Protests Near You

[Request an Absentee Ballot](#) - Request an absentee ballot if you can't vote on election day

[Rock the Vote](#) - Building the Political Power of Young People

[Run For Something!](#) There's no position too small to benefit from a progressive public servant.

[Susan Wicklund Fund](#) - Montana's only abortion fund, completely run by volunteers.

[Swing Left](#) - Find races in a target state near you where you can make the biggest impact.

[Tech for Campaigns](#) - Volunteer to help smaller campaigns get up and running.

[Volunteer from Home](#) - Master document of candidates and how to phonebank for them

[Vote Save America](#) - mobilize volunteers around both nearby and national opportunities to defend and grow progressive majorities.

[Who Are My Representatives](#) - Use this to find your representatives and elected officials on a federal, state, and local level

[Women's March](#)

