

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

ALSO, MAKE SURE YOU USE THIS

Security and Privacy Tips for People Seeking An Abortion

[Digital Defense Fund](#) - provides guidance on how to protect your privacy online if searching for info about abortion might put you at personal or legal risk.

If you are going to share this on social media/other websites, I recommend sharing a link to this document rather than a download. I am constantly updating this, so if you share a link, it should give access to the most recently updated version

Resources for Healthcare

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

[Build a Del Em](#)

[Choices Center for Reproductive Health](#)

[Clinical practice handbook for safe abortion](#)

[CoverHer](#) - Helps pay for birth control and other health care

[Ella](#) - a Plan B pill more suited for larger women

[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.

[Gynecologists who will perform a tubal sterilization](#)

[Interactive Map: US Abortion Policies and Access After Roe](#)

[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

[Population Action International](#) - provides advocacy, lobbying, and resources for other family planning and sexual health

[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.

[When Birth Control Fails](#)

[Women First Digital](#) - a global SRH (sexual and reproductive health) organization providing users with digital resources and information on reproductive health.

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

For People Pressured into Adoption

[Concerned United Birthparents](#) - provides support for all family members separated by adoption; resources to help prevent unnecessary family separations; education about the life-long impact on all who are affected by adoption; and advocates for fair and ethical adoption laws, policies, and practices.

[Save Our Sisters](#) - dedicated to supporting all members of expectant families considering adoption. SOS focuses on ensuring families do not apply a permanent solution to a temporary situation.

Help to get an abortion

[Abortion Cafe](#) - A collection of abortion resources

[Abortion Care for Tennessee](#) - builds power for Tennesseans by working to remove barriers and increase access to reproductive and sexual health care including safe abortion care for all people.

[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](#)

[Abortion Pills in Any State](#)

[AbortionRx](#) - Safe Abortion Pills Online

[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 collective voices of Black women resulting in our full achievement of reproductive freedom.

[AfterPill](#) - access to AfterPill, a shelf stable drug that is ok for about 18 months.

[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. **IF YOUR STATE IS TRYING/HAS BANNED ABORTION PILLS BY MAIL, THIS IS YOUR BEST BET**

- AidAccess takes 6-8 weeks for pills to be shipped to red states. That is too late in most cases, since most people don't realize they're pregnant until 8 weeks.
- Unless you have someone in a blue state willing to have the pills send to them (which takes just a few days) and then send it to the person in the red state, it's not going to be a viable option.
- **it's best to order the pills BEFORE you need them.** AidAccess has an option for this, but you can easily lie and say you're pregnant too.

[Alabama Cohosh Collaborative](#) - Alabama abortion fund

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

[Apiary for Practical Support](#) - group which helps other practical support groups across the country with resources -- as there is an increased need for patient travel, lodging and childcare expenses.

[ARC Southeast](#) - provides funding and logistical support to ensure Southerners receive safe and compassionate reproductive care including abortion services.

[Arkansas Abortion Support Network](#)

[Baltimore Abortion Fund](#) - provides direct financial support and other practical assistance to people who live in or travel to Maryland and need abortion care.

[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

[Brigid Alliance](#) - a national organization that covers travel, accommodations, meals, childcare, etc. for people who must travel for an abortion.

[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.

[Build a Del Em](#)

[California Abortion Access](#)

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

[Carolina Abortion Fund](#) - help people in North and South Carolina get abortions

[Chicago Abortion Fund](#) - provides financial, logistical, and emotional support to people seeking abortion care in Chicago, Illinois, and the Midwest.

[Choices Center for Reproductive Health](#)

[Clinical practice handbook for safe abortion](#)

[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

[CoverHer](#) - Helps pay for birth control and other health care

[DC Abortion Fund](#)

[Dopo](#) - Abortion Support for Him/Her/Them

[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

[Feminist Women's Health Center](#) - Atlanta, GA. Abortion provider, advocacy, counseling, grassroots organizing, trans healthcare, and more.

[First State Abortion Fund](#) - a local, volunteer-powered program rooted in a reproductive justice framework, with the mission of breaking down financial barriers and increasing abortion access.

[Four Thieves Vinegar](#) - resources for making your own abortion pills

- [Miso Cards](#) - Miso Cards are misoprostol abortion pills, delivered in a card format because it's easier to send by mail. In use since the mid-1980s, it is 85% effective when used alone. It is one of the most effective drugs for terminating pregnancies in the first and second trimesters.

[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. **HAS PAUSED WORK**

[GenericAbortionPills.com](#)

[Hallmark Womens Clinic](#) - provides abortions for North Carolina, South Carolina, and Virginia Residents.

[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.

[Holler Health Justice](#) - transportation needs as well as free emergency contraceptives and many other benefits

[Idaho Abortion Rights](#) - If you need an abortion and live in Idaho, contact us

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

[I Need an Abortion](#) - helps find clinics near you

[Indigenous Women Rising](#) - provides abortion, contraception, and pregnancy help to indigenous women

[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. **PAUSED SERVICES**

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

[Just the Pill](#) - Abortion Pills Delivered Private and Confidential

[Kentucky Abortion Fund](#) - helps women with funding for abortions in other states + provides funds to help defray costs for low income women to get long-acting reversible birth control

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

[Lifebeat](#) - For 30 years, LIFEbeat has worked with a network of local and national sex health service organizations to bring lifesaving prevention, safe sex, and support resources to hundreds of thousands of music fans.

[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](#)

[NARAL Pro-Choice America](#)

[Nebraska Abortion and Reproductive Justice Fund](#)

[New Orleans Abortion Fund](#) - If you live in or are seeking care in Louisiana, Texas, or the surrounding states, they will connect you with the funding and resources you need to access abortion care.

[New River Abortion Access Fund](#)

[North Dakota Win Fund](#)

[North Durham Women's Health](#)

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

[NY Abortion Access Fund](#) - helps cover expenses for those traveling to NY to seek reproductive services.

[Palmetto State Abortion Fund](#) - Helps South Carolinians get an abortion

[Plan B One-Step](#) - Get Plan B One-Step® delivered to your door

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

[Planned Parenthood](#)

[Perferred Women's Health Center](#) - committed to offering all women the best professional and compassionate abortion care in the Southeastern United States.

[Reproaction](#) - focuses on giving access to Misoprostol, allowing self-managed at-home abortions

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

[Reproductive Freedom Fund of New Hampshire](#) - provides financial assistance and connection to providers

[ReporoductiveRights.Gov](#)

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

[Richmond Reproductive Freedom Project](#) - Virginia's grassroots abortion fund.

[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.

[South Texans for Reproductive Justice](#) - serving the Rio Grande Valley

[Stranger Danger: Idaho](#) - learn how to avoid crisis pregnancy centers in Idaho that are not HIPAA compliant and can and will report people to the authorities.

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

[Telehealth Religious Abortion Care from the Satanic Temple](#)

[Three for Freedom](#) - helps to order your own BC, EC, and med AB pills so you can be prepared and in control.

[Unrestricted Minnesota](#) - non-profit working to make sure abortion is available in MN since its basically the sanctuary state for the upper Midwest

[Wellspring Health Access](#) - helps with abortion access in Wyoming and the Rockies

[Westfund](#) - focuses on Latino and low-income communities **PAUSED SOME SERVICES**

[We Testify](#) - general info and resources on self-managed abortions

[When Birth Control Fails](#)

[Women First Digital](#) - a global SRH (sexual and reproductive health) organization providing users with digital resources and information on reproductive health.

[Women Have Options Ohio](#) - Ohio state-wide abortion fund

[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.

[Women's Law Project](#) - a nonprofit public interest legal organization working to defend and advance the rights of women, girls, and LGBTQ+ people in Pennsylvania and beyond.

[Women's Reproductive Rights Assistance Project](#) - a non-partisan, nonprofit organization assisting women who are financially unable to pay for safe, legal abortions or emergency contraceptives.

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

Subreddits for Support And Organizing

- [r/abortion](#)
- [/r/nationalwomensstrike](#)
- [r/onthe fence](#)
- [/r/prochoice](#)
- [r/roevwade2022](#)
- [r/truechildfree](#)
- [/r/VoteDEM](#)

Pro-choice Charities

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

[Abortion Access Nashville](#) - fighting for abortion rights in Nashville and Tennessee. Join the fight!

[Abortion Care for Tennessee](#) - builds power for Tennesseans by working to remove barriers and increase access to reproductive and sexual health care including safe abortion care for all people.

[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 collective voices of Black women resulting in our full achievement of reproductive freedom.

[Alabama Cohosh Collaborative](#) - Alabama abortion fund

[Apiary for Practical Support](#) - a group that helps other practical support groups across the country with resources -- as there is an increased need for patient travel, lodging, and childcare expenses.

[ARC Southeast](#) - provides funding and logistical support to ensure Southerners receive safe and compassionate reproductive care including abortion services.

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

[Baltimore Abortion Fund](#) - provides direct financial support and other practical assistance to people who live in or travel to Maryland and need abortion care.

[Black Women's Health Imperative](#)

[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.

[**Carolina Abortion Fund**](#) - helps people in North and South Carolina get abortions

[**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.

[**Chicago Abortion Fund**](#) - provides financial, logistical, and emotional support to people seeking abortion care in Chicago, in Illinois, and the Midwest.

[**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

[**DC Abortion Fund**](#)

[**Feminist Women's Health Center**](#) - Atlanta, GA. Abortion providers, advocacy, counseling, grassroots organizing, trans healthcare, and more.

[**First State Abortion Fund**](#) - a local, volunteer-powered program rooted in a reproductive justice framework, with the mission of breaking down financial barriers and increasing abortion access.

[**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**](#) -

[**Indigenous Women Rising**](#) - provides abortion, contraception, and pregnancy help to indigenous women

[**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.

[**Kentucky Abortion Fund**](#) - helps women with funding for abortions in other states + provides funds to help defray costs for low income women to get long-acting reversible birth control

[**Kentucky Health Justice Network**](#) - helps w 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.

[**Mayday**](#)

[**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.

[**Mississippi Reproductive Freedom Fund**](#)

[**Missouri Abortion Fund**](#)

[**NARAL Pro-Choice America**](#)

[**National Abortion Federation**](#)

[**National Latina Institute for Reproductive Justice**](#)

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

[**Nebraska Abortion and Reproductive Justice Fund**](#)

[**New Orleans Abortion Fund**](#) - If you live in or are seeking care in Louisiana, Texas, or the surrounding states, they will connect you with the funding and resources you need to access abortion care.

[**New River Abortion Access Fund**](#)

[**North Dakota Win Fund**](#)

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

[**NY Abortion Access Fund**](#) - helps cover expenses for those traveling to NY to seek reproductive services.

[**Palmetto State Abortion Fund**](#) - Helps South Carolinians get an abortion

[**Perfered Women's Health Center**](#) - committed to offering all women the best professional and compassionate abortion care in the Southeastern United States.

[**Planned Parenthood**](#)

[Population Action International](#) - provides advocacy, lobbying, and resources for other family planning and sexual health

[Reclaim Project](#) - dedicated abortion rights community building and advocacy work in Michigan.

[Reproductive Freedom Fund of New Hampshire](#) - provides financial assistance and connection to providers

[Richmond Reproductive Freedom Project](#) - Virginia's grassroots abortion fund.

[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.

[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

[South Texans for Reproductive Justice](#) - serving the Rio Grande Valley

[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's Law Project](#) - a nonprofit public interest legal organization working to defend and advance the rights of women, girls, and LGBTQ+ people in Pennsylvania and beyond.

[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

[Become a Clinic Escort](#)

[Black Women's Health Imperative](#)

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

[Chrisitan Against Christian Nationalism](#)

[Democratic Socialist Alliance](#)

[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

[Lessons From The Fight To Protect Abortion Clinics In The 1990s: A Discussion](#)

[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.

[National Mobilization for Reproductive Justice](#) -

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

[Operation Save Abortion](#) - Online formal activism training

[Planned Parenthood Action](#) - Sign up to volunteer with Planned Parenthood Action to help defeat anti-reproductive rights lawmakers

[Protect Kentucky Access](#)

[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.

[Socialist Alternative](#)

[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.

[Whatever It Takes](#) - We are a nonviolent civil resistance movement committed to the defense of women's bodies, our shared rights, our families, and future generations through disruptive mass participation civil disobedience.

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

[Women's March](#)

[Women's Law Project](#) - a nonprofit public interest legal organization working to defend and advance the rights of women, girls, and LGBTQ+ people in Pennsylvania and beyond.

[Working Families Party](#)