

Counseling Resources



Reprocare Healthline

- 1-833-226-7821
- <https://abortionhotline.org/>

Provides anonymous peer-based emotional support, medical information, and referrals to people having an abortion at home with pills.



All-Options

- 1-888-493-0092
- <https://www.all-options.org/>

Offers full-spectrum free peer counseling to callers from anywhere in the US or Canada. Judgment-free support for people in all of their decisions, feelings, and experiences with pregnancy, parenting, abortion, and adoption.



- Miscarriage + Abortion Hotline
- 1-833-246-2632
- <https://www.mahotline.org/>

If you need support to self-manage your miscarriage or abortion, pro-abortion clinicians with years of experience in caring for miscarriage and abortion.



Exhale Pro-Voice

- 617-749-2948
- <https://exhaleprovoice.org/>

Need to talk with someone about your abortion experience? Looking to support your partner, child, or friend after their abortion?

Connect & Breathe

- 1-866-647-1764
- <https://www.connectandbreathe.org/>

Creates safe space to talk about abortion experiences by offering a talkline staffed by people trained to listen and provide unbiased support and encouragement of self-care.



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Faith Aloud- Non Judgmental Faith based Support

- 1-888-717-5010
- <https://www.faithaloud.org/>

Call to be connected to compassionate religious and spiritual support for abortion and pregnancy options. Clergy and religious counselors will listen and offer support with out judgement.

Share Your Story



Shout Your Abortion - SYA

- shoutyourabortion.com

Abortion is normal. SYA is a decentralized network of individuals talking about abortion on our own terms and creating space for others to do the same, in art, media, and at community events all over the country.



We Testify

- www.wetestify.org

We Testify invests in abortion storytellers to elevate their voices and expertise, particularly those of color, those from rural and conservative communities, those who are queer-identified, those with varying abilities and citizenship statuses, and those who needed support when navigating barriers while accessing abortion care.

End Abortion Stigma



Liberate Abortion

- <https://www.liberateabortion.org/>

A call to change culture by replacing harmful, shaming abortion misinformation with an understanding of the interlocking forces at work that limit abortion freedom and justice. Liberating abortion starts with understanding how racism, economic insecurity, and immigration status multiply the massive barriers to abortion care. From there, we can build solutions that transform abortion access alongside true racial, economic, and immigrant justice.

Regional Fund



Access Reproductive Justice

- <https://accessrj.org/>
- English (800) 376-4636
- Spanish (888) 442-2237

California Abortion fund that has a bilingual Healthline that is open from 10am-4pm PST, Monday through Thursday (not including national holidays).

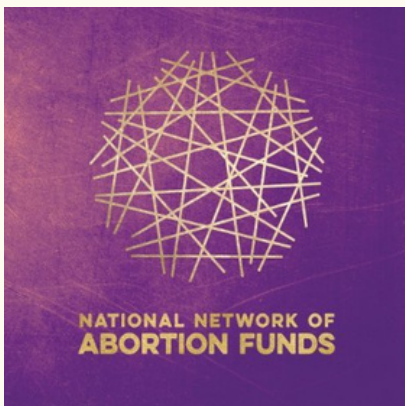
Someone from their team will get back to you within 24-48 hours.

Funding is limited, and we cannot guarantee help to every caller. Vouchers are sent directly to the abortion clinic. When you call our healthline, please be prepared to leave a message with:

- Your name and how to spell it
- Phone number, including area code
- How far along you are in the pregnancy
- The date and location of your abortion appointment
- The best time to call you back

California covers abortion services for all Medi-Cal enrollees. The state pays for all abortion services using state-only funds. The state prohibits Medi-Cal managed care plans from requiring medical justification for an abortion.

National Network of Abortion Funds



National Network of Abortion Funds

- <https://abortionfunds.org/>
- <https://abortionfunds.org/funds/>

The National Network of Abortion Funds builds power with members to remove financial and logistical barriers to abortion access by centering people who have abortions and organizing at the intersections of racial, economic, and reproductive justice.

Contacting Elected Officials

National Elected Officials:

Senator Diane Feinstein

<https://www.feinstein.senate.gov/public/index.cfm/contact>

Senator Alex Padilla

<https://www.padilla.senate.gov/contact/>

Senate website

<https://www.senate.gov/states/CA/intro.htm>

Full list of California Congress/House of Representatives

<https://www.house.gov/representatives#state-california>

President of the United States of America

Contact President Joe Biden online, or call the White House switchboard at 202-456-1414 or the comments line at 202-456-1111 during business hours.

<https://www.whitehouse.gov/contact>

State Legislature

<https://findyourrep.legislature.ca.gov/>

Input your address to find your California Senate & House representative. You will be able to select your representative and it will redirect you to their sites.

California Senate

<https://www.senate.ca.gov/>

California Assembly

<https://www.assembly.ca.gov/>

Governor

Governor Gavin Newsom

<https://govapps.gov.ca.gov/gov40mail/>

Advocacy Efforts

Fall 2022 election; List of Planned Parenthood Candidate Endorsement that are hyperlinked

[United States Congressional Races: California](#)

[California State Senate Races](#)

[California State Assembly Races](#)

[California Local Races](#)

[California Ballot Measures](#)

- <https://www.protectabortionca.com/>