



maine family planning

Support and Resources for Patients and Families

Pregnancy Options Workbook

A resource for women making a difficult decision.

<http://www.pregnancyoptions.info/pregnant.htm>

Abortion: Which Method is Right for Me?

www.pregnancyoptions.info

Backline

A confidential counseling hotline dedicated to addressing the broad range of experiences and emotions surrounding pregnancy, parenting, adoption and abortion. Provides options counseling as well as post abortion, post partum, and post placement counseling. For women, partners, and parents.

1-888-493-0092

yourbackline.org/find-support/talkline/

Mom, Dad, I'm Pregnant

Information about improving communication between parents and teens.

www.abortiocarenetwork.org/mom-dad-im-pregnant

Abortion Conversation Project

Information and resources about abortion. Includes links to web resources and targeted information for adolescents, including male partners and parents whose teenage daughter faces an unintended pregnancy.

www.abortionconversation.com

Healthy Coping After an Abortion

www.abortionconversationproject.org/healthy-coping

Exhale

A confidential, after-abortion counseling hotline that serves women who have abortions, and their partners, friends and family. It respects the cultural, social, and religious beliefs of all. **1-866-439-4253**

exhaleprovoice.org/after-abortion-support

Domestic Violence Projects

National Abortion Federation Hotline

Hotline helps to locate qualified abortion providers through out the US and Canada. Website has information and support resources.

1-800-772-9100

www.prochoice.org

Religious and Spiritual Resources

Catholics for Choice

www.catholicsforchoice.org

You Are Not Alone: Catholic Women and the Abortion Experience

www.catholicsforchoice.org/topics/abortion/documents/2015_YouAreNotAlone.pdf

Guide to Emotional and Spiritual Resolution after an Abortion:

<http://www.pregnancyoptions.info/emotional&spiritual.htm>

Religious Coalition for Reproductive Choice

Protestant, Jewish, and other denominations and faith groups

www.rcrc.org