

Sex After Abortion Resources

Hotlines

All-Options Talkline

<https://www.all-options.org/find-support/talkline/>

1.888.493.0092

Monday-Friday 10am - 1pm ET

Saturday & Sunday 10am - 6pm ET

Miscarriage and Abortion Hotline <https://mahotline.org/>

Hotline hours are from 8am ET - 1am ET

Calling and texting is only available in the U.S.

National Abortion Federation Hotline

1.800.772.9100

<https://prochoice.org/patients/naf-hotline/>

Monday - Friday 8am-7pm ET

Saturday & Sunday 8am-4pm ET

Chat available Monday - Friday 9am-5pm ET

Exhale <https://exhaleprovoice.org/after-abortion-textline/>

Textline 617-749-2948

Monday - Friday 3pm - 9pm PST

Saturdays 1pm-9pm PT Sunday 3 pm-7 pm

Connect & Breathe <https://www.connectandbreathe.org>

866-647-1764

Talkline is open Tues., Wed., Thurs. 6pm-9pm EST and Sat. 10am-2pm EST

Books

Workbook: Abortion Resolution Workbook

<https://www.pregnancyoptions.info/>

Zine: [**DIY Doula: Self Care for Before, During, and After Your Abortion**](#)

Mary Mahoney & Lauren Mitchell. (2016). [**The Doulas: Radical Care for Pregnant People**](#). The Feminist Press CUNY. NY, NY. (\$10-\$20) [**Google Books link**](#)

Candace De puy & Dana Dovitch. (2009). *The Healing Choice: Your Guide to Emotional Recovery After an Abortion*. Original ed. Edition. Touchstone. [**Google Books Link**](#)

Marty, Robin. (2019). Handbook for a Post-Roe America. [**full book link here**](#) (leads to download).

Journal Articles

Rocca, C.H., Samari, G., Foster, D.G., Gould, H. and K. Kimport. Emotions and decision rightness over five years following an abortion: an examination of decision difficulty and abortion stigma. Soc Sci Med, 2020. 248:112704 [**https://doi.org/10.1016/j.socscimed.2019.112704**](https://doi.org/10.1016/j.socscimed.2019.112704).

Stotland NL. [**The Myth of the Abortion Trauma Syndrome**](#). JAMA. 1992;268(15):2078–2079. doi:10.1001/jama.1992.03490150130038

Senderowicz, L. (2020), Contraceptive Autonomy: Conceptions and Measurement of a Novel Family Planning Indicator. Studies in Family Planning, 51: 161-176. [**https://doi.org/10.1111/sifp.12114**](https://doi.org/10.1111/sifp.12114)

Organizations

ANTE UP! Professional Development (offers classes on abortion, reproductive and disability justice, and more!)

<https://www.anteuppd.com/#/>

National Network of Abortion Funds

<https://abortionfunds.org/>

Self-Managed Abortions, Safe and Supported

<https://abortionpillinfo.org/en/using-abortion-pills-for-safe-abortion-usa>

SisterSong

<https://www.sistersong.net/>

Doulas

(these doulas work with all people and specialize in supporting trans, gender expansive, and disabled people)

Grief Doulas

Bilen Berhanu <http://www.doulabilen.com/>

Kelly Hill <https://www.tnorthpsychotherapy.com/>

Lenée Voss <https://www.sayheylenee.com/>

Summer Diegel <https://thesunflowercycle.com/>

Full Spectrum Doulas

Bethany Gurrola <https://www.almarisingdoulacare.com/about-me>

Bilen Berhanu <http://www.doulabilen.com/>

Rise Osby <https://www.riotousroots.com/>

Summer Diegel <https://thesunflowercycle.com/>