

Name	Description	Link(s)
DIY Doula: Self-care for before, during, and after your abortion	Useful tips to support abortion care decision-making, including self-care and self-advocacy through "comics, drawings, personal essays, games and more we're tackling some of the tough questions, affirming that people can trust their decisions"	<a href="http://www.diydoula.org/">http://www.diydoula.org/</a>
Queer Doulas	Queer Doula Toolkit that "could be used by any and all birthing folks and their supports."	<a href="https://wellnesswithinns.org/queer-doulas">https://wellnesswithinns.org/queer-doulas</a>
<b>Post-Abortion Care</b>		
Healing Tide	Abortion Recovery information & support	<a href="https://carenetps.org/abortion-recovery/">https://carenetps.org/abortion-recovery/</a>
MyPostCare	An interactive platform to guide health and wellness decision-making after abortion/s.	<a href="https://mypostcare.ca/">https://mypostcare.ca/</a>
Holistic Abortions	Post Abortion Herbs & Nutrition	<a href="https://linktr.ee/holistic.abortions">https://linktr.ee/holistic.abortions</a>
What's your grief?	Article: Grief after abortion	<a href="https://whatsyourgrief.com/grief-abortion-healing-unspoken-loss/">https://whatsyourgrief.com/grief-abortion-healing-unspoken-loss/</a>
The Grief Recovery Method	[cis/het-normative] Provides overview of what post abortion grief can look like and methods to heal post abortion grief	<a href="https://www.griefrecoverymethod.com/blog/2017/11/grief-abortion">https://www.griefrecoverymethod.com/blog/2017/11/grief-abortion</a>
Peace After Abortion	Website and book "to help you understand the origin of your emotional or spiritual pain." [cis-centric]	<a href="https://www.peaceafterabortion.com/">https://www.peaceafterabortion.com/</a>
Abortion Recovery Centre	[cis-centric] "The Abortion Recovery Centre (ARC) was established to assist women who have had an abortion in their past and who are experiencing difficult emotional reactions to their abortion." Post Abortion Grief	<a href="https://www.abortionrecovery.ca/information-post-abortion-grief/">https://www.abortionrecovery.ca/information-post-abortion-grief/</a>
Post Abortion Community Service	A resource list [het/cis normative]	<a href="https://pacscanada.org/resources/">https://pacscanada.org/resources/</a>
Abortion Grief Australia	Information of abortion trauma and healing [cis-centric]	<a href="https://www.abortiongrief.asn.au/abortion-trauma.php">https://www.abortiongrief.asn.au/abortion-trauma.php</a>
<b>Counselling Support</b>		

The Action Canada Access Line	A 7 day a week toll-free phone and text line "for questions about sexual health, pregnancy options, abortion, and safer sex."	<a href="https://www.actioncanadashr.org/campaigns/call-access-line-1-888-642-2725">https://www.actioncanadashr.org/campaigns/call-access-line-1-888-642-2725</a>
Pregnancy Options Service	"Pregnancy Options Services (POS) is a province-wide toll-free confidential counselling, information and referral service." (BC)	Contact: 1-888-875-3163 (toll-free), or 604-875-3163 Email: <a href="mailto:pos@cw.bc.ca">pos@cw.bc.ca</a>
Exhale pro-voice	Tips for self-care after abortion	<a href="https://exhaleprovoice.org/self-care/">https://exhaleprovoice.org/self-care/</a>
	How to Have Hard Conversations series with "a variety of practitioners who are engaged in a myriad of healing modalities, from body work to aromatherapy to peacemaking circles to spiritual care."	<a href="https://exhaleprovoice.org/hard-conversations/">https://exhaleprovoice.org/hard-conversations/</a>
	Free, national textline (US)	<a href="https://exhaleprovoice.org/after-abortion-talkline/">https://exhaleprovoice.org/after-abortion-talkline/</a>
All Options Ntl	Talkline (US & Canada)	<a href="https://www.all-options.org/find-support/talkline/">https://www.all-options.org/find-support/talkline/</a>
Connect & Breathe	Talkline	<a href="http://www.connectandbreathe.org/">http://www.connectandbreathe.org/</a>
<b>Stigma-Busting</b>		
Abortion Conversation Project	Stigma-busting non-profit that offers guides to talk about abortion	<a href="https://www.abortionconversationprojects.org/conversations#">https://www.abortionconversationprojects.org/conversations#</a>
My Abortion, My life	A podcast created to disrupt abortion shame and stigma with "the people who've had abortions and the people who love and support them."	<a href="https://www.myabortionmylife.org/podcast">https://www.myabortionmylife.org/podcast</a>
Whole Women's Health Alliance	Outreach & Education resources	<a href="https://www.wholewomanshealthalliance.org/outreach-education/">https://www.wholewomanshealthalliance.org/outreach-education/</a>
Sea Change	An organization that works and provides guidance for "making waves, bringing diverse stories to light, inspiring dialogue, and shifting beliefs"	<a href="http://www.seachangeprogram.org/our-work/">http://www.seachangeprogram.org/our-work/</a>
Ibis Reproductive Health	Research that advances "sexual and reproductive autonomy, choices, and health worldwide"	<a href="https://www.ibisreproductivehealth.org/projects/social-norms-and-stigma">https://www.ibisreproductivehealth.org/projects/social-norms-and-stigma</a>
Abortion Care Network	Advocacy association "for independent community-based, abortion care providers and their allies."	
The Stigma Toolkit	Tools, research, etc. for anybody who wants to combat stigma. "What is abortion stigma?"	<a href="https://www.stigmatoolkit.org/basic-concepts#what-is-abortion-stigma">https://www.stigmatoolkit.org/basic-concepts#what-is-abortion-stigma</a>

In Roads	"a global network of advocates, scholars, health providers, and donors interested in program design, research, and advocacy to address abortion stigma and its negative outcomes."	<a href="https://www.makeinroads.org/">https://www.makeinroads.org/</a>
<b>Advocacy</b>		
Abortion Rights Coalition of Canada	Organization focused on "ensuring abortion rights and access for women and transgender people capable of pregnancy ("trans")."	<a href="https://www.arcc-cdac.ca/on-the-issues/#about-abortion">https://www.arcc-cdac.ca/on-the-issues/#about-abortion</a>
Whole Women's Health Alliance	Outreach & Education resources	<a href="https://www.wholewomanshealthalliance.org/outreach-education/">https://www.wholewomanshealthalliance.org/outreach-education/</a>
Centre for Reproductive Justice	Advocacy organization aiming "to advance reproductive rights as fundamental human rights around the globe."	<a href="https://reproductiverights.org/about-us/">https://reproductiverights.org/about-us/</a>
Safe2Choose		