



COUNSELING & OTHER RESOURCES



*Pregnancy- and abortion-related help, information
and resources for individuals and families.*

HELP FOR THOSE BEING COERCED TO ABORT

Center Against Forced Abortions

1-210-614-7157 or info@tcxf.org
www.thejusticefoundation.org/cafa

Provides legal resources and help for pregnant teens or women being coerced or forced into unwanted abortions. Also offers pregnancy center training.

PREGNANCY ASSISTANCE

Bethany Christian Services

1-800-238-4269
www.bethany.org

Offers pregnancy counseling, foster care, housing for pregnant women, family and marital counseling, and adoption services.

Birthright

1-800-550-4900
www.birthright.org

Offers pregnancy testing, clothing, parenting classes, adoption services, medical care, family counseling, and referrals for legal assistance.

Option Line

1-800-712-4357 or text "Helpline" to 313131
www.optionline.org

National network of pregnancy centers offering pregnancy tests, assistance with finding medical and professional services, counseling, care for single mothers and more. Trained consultants are available by phone or live chat 24 hours a day.

The Nurturing Network

1-800-866-4666
www.nurturingnetwork.org

Nationwide network of volunteers provides support for women facing crisis pregnancies. Offers help in finding employment, dealing with school, medical and legal help and more.

Mom, Dad ... I'm Pregnant

Available from www.amazon.com

Book helps families facing the unplanned pregnancy of their teen/young adult daughter or son.

HELP AFTER ABORTION

Abortion Recovery International

1-866-469-7326
www.abortionrecovery.org

Provides information and counseling for those suffering after abortion through a network of counselors and ministries. Find counselors by zip code on their web site.

Option Line

1-800-712-4357 or text "Helpline" to 313131
www.optionline.org

Refers for individual or group peer counseling throughout the country. Trained consultants take phone calls and email 24 hours a day.

Lumina: Hope & Healing After Abortion

1-877-586-4621
www.postabortionhelp.org

Offers group programs, retreats, and referrals to professional therapists, ministries, and clergy members trained in post abortion stress.

National Memorial for the Unborn

1-800-505-5565
www.memorialfortheunborn.org

Memorial for parents and families to remember children lost to abortion. Offers referrals to post-abortion ministries nationwide.

National Office of Post Abortion Reconciliation & Healing

1-800-593-2273
www.noparb.org

Project Rachel program offers support to women and men of all faiths through a network of clergy, spiritual directors, and therapists.

Rachel's Vineyard Ministries

1-877-467-3463

www.rachelsvineyard.org

Offers post-abortion support groups and weekend retreats in the U.S. and abroad. See the web site for a schedule of upcoming retreats.

Ramah International

1-479-445-6070 or Sydna@aol.com

www.ramahinternational.org

Provides Christian counseling and support for post-abortive women.

Rachel's Vineyard Ministries

1-877-467-3463

www.rachelsvineyard.org/men/index.htm

Offers help through weekend retreats and one-on-one email support.

Reclaiming Fatherhood Site

www.menandabortion.info

A site helpful with articles and healing resources for men who have lost a child to abortion.

Find more information and resources for men at www.theunchoice.com/men.htm.

SUPPORT FOR MEN AFTER ABORTION

Abortion Recovery International

1-866-469-7326

www.abortionrecovery.org

Provides information and counseling for men and families after abortion. Find counselors by zip code on their web site.

Lumina: Hope & Healing After Abortion

1-877-586-4621

www.postabortionhelp.org

Offers group programs, retreats, and referrals to professional therapists, ministries, and clergy members trained in post-abortion stress.

OTHER RESOURCES

Many groups listed here also offer support for grandparents, siblings and others hurt by abortion. Learn more at www.theunchoice.com/helpforothers.htm.

THINGS TO CONSIDER

This is just a partial list of the many national organizations that offer referrals or support for those facing pregnancy-related challenges, being coerced or forced into an unwanted abortion, or struggling with a past abortion. Local pregnancy centers and post-abortion support groups may also be listed in the Yellow Pages or online under "Abortion Alternatives."

While efforts were made to check out all of the organizations listed here, inclusion in this list does not necessarily constitute an endorsement by the Elliot Institute of any organization, their philosophies, or their practices.

Post-abortion ministries may offer a variety of different formats and approaches. Some are staffed by volunteers who offer peer counseling or other types of support, while others are staffed by professional therapists or counselors. An organization may offer support in a group setting, a Bible-study format, or one-on-one with a counselor or spiritual director. Individuals, couples or families seeking help should ask lots of questions in order to find a group or counselor with whom they feel comfortable. **Counseling services are confidential and, in many cases, free.**

Some people, especially those with a history of psychological problems or other trauma that may complicate healing, may need the help of a professional counselor. They should be put in touch with a therapist who has experience and training specifically in the field of post-abortion counseling. A post-abortion counseling ministry may be able to refer clients to a professional counselor if they do not have someone on staff.

Learn more about post-abortion counseling ministries at www.theunchoice.com/healing.htm