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When someone is faced with an unexpected pregnancy or the circumstances around an expected pregnancy change, they may consider their options including continuing the pregnancy and parenting the child, continuing the pregnancy and putting the baby up for adoption, or ending the pregnancy through an abortion. There is no one right answer for everyone. The following resources may be helpful to consider or use in decision-making.

All-Options National Talkline offers a free and confidential space to talk about every pregnancy and parenting turning point, including abortion, adoption, infertility, and pregnancy loss

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

Which do you want to know more about? Click each link to go to that section:

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Parenting Information

Deciding if you want to be a parent may be one of the biggest questions you will ever consider. Whether you already have children or are considering parenthood for the first time, both the idea and the reality of raising a child can bring up lots of emotions, fears, and hopes.

Parenting Resources:

- **Parenting Resources from the Dept of HHS**: An index of resources and information on parenting compiled by the Administration for Children & Families.
- **National Parent Helpline**: Run by Parents Anonymous, this line offers emotional support to parents and caregivers of children and youth of all ages. 1-855-427-2736. The website also has lots of resources.
- **National Diaper Bank Network**: Diapers are a major expense and they are not usually covered by food stamps, WIC or welfare benefits. This network of local resources distributes free diapers.

Stories & Support for Parents:

- **Offbeat Families** supports and celebrates parents and caregivers who are moving beyond mainstream visions of parenting, and anyone who's interested in families, whether you're pre-parental, in the process of becoming a parent, or choosing to live childfree.
- **Single Mothers by Choice** offers virtual and local support and information to single women who are considering, or have chosen, single motherhood.
- **MUTHA Magazine** explores real-life motherhood, from every angle, at every stage.

Parent & Family Advocates:

We help you get the free birth control you want!

- **Strong Families** is a 10-year national initiative led by Forward Together to change the way people think, feel and act in support of ALL our families.
- **MomsRising**: Where moms and people who love them go to change our world. Together we can build a nation where children, parents, and businesses thrive; and end discrimination against mothers.
- **Legal Services for Prisoners with Children** unites the struggles for criminal and reproductive justice by protecting incarcerated parents' rights, seeking their release, and fighting for reunification of families.

Adoption Information

When someone is considering adoption, All-Options may refer to select nonprofit adoption agencies and placement organizations ([download PDF here](#)). To the best of our knowledge, these organizations all meet the following standards:

- They support pregnant people in *all* options including abortion and parenting.
- They are committed to arranging and supporting fully open adoptions (while level of contact and openness may vary by specific situation, the agency does not arrange closed adoptions where no future information or contact is possible); here is a [good resource on open adoption](#) (PDF).
- They do not discriminate against single parents or same sex couples as prospective adoptive families.
- They are nonprofit organizations that provide lifelong support for first/birth parents.

Adoption Blogs

- The Declassified Adoptee (<http://www.declassifiedadoptee.com>)
- Birth Mother, First Mother Forum (<http://www.firstmotherforum.com>)
- Production, Not Reproduction (<http://www.productionnotreproduction.com>)

Abortion Information

Finding a Provider

The following websites/organizations will help you find an abortion provider near you based on your age & how far along you are:

- Abortionfinder.org offers up-to-date state-by-state information. Visit their website at <https://www.abortionfinder.org/>.
- Ineedana.com provides abortion provider information. Visit their website at <https://www.ineedana.com/>.
- Prochoice.org (National Abortion Federation) can help find a clinic & help with cost (see below)
- *National Abortion Federation (NAF) - financial assistance at non-Planned Parenthood Clinics (Planned Parenthood clinics also offer financial assistance through their Justice Fund- just ask when scheduling your visit)*

Hotline: 1-800-772-9100

Referral Line: 1-877-257-0012

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

Illinois

- Planned Parenthood of Illinois: They have multiple locations in Champaign, Springfield, Decatur, Chicago, and more. Visit their websites plannedparenthood.org, PPIL.org, PPIL.org/providers for all information needed to make a referral, or call 800.230.7526.
- Equity Clinic: Located in Champaign, they can be reached at 224.350.2900. Visit their website at equity-clinic.com.
- Family Planning Associates: Located in Chicago, they can be reached at 312.707.8988. Visit their website at fpachicago.com.
- HOPE Clinic for Women: Based in Granite City, you can contact them at 618.451.5722 or visit hopeclinic.com.
- Planned Parenthood of the St Louis Region: Their Fairview Heights, IL location can be reached at 314.531.7526 or 618.277.6668. Visit plannedparenthood.org or PPSLR.org
- Hospital-based care is also available at multiple Chicago, IL hospitals including University of Illinois at Chicago (UI Health), University of Chicago, Rush, & Northwestern Medicine. Please contact IU Health Family Planning team for hospital-based referral needs.

Michigan

- Planned Parenthood of Mid. & South Michigan: They have multiple locations in Kalamazoo, Flint, Ann Arbor, and more. Visit miplannedparenthood.org or call 800.230.7526.
- Northland Family Planning: With locations in Southfield, Sterling Heights, and Westland, you can reach them at 800.447.7354 or visit northlandfamilyplanning.com.
- Hospital-based care is also available at multiple Michigan hospitals including University of Michigan in Ann Arbor and Detroit Medical Center.

Other Abortion Support Services

Financial Assistance:

The following organizations can help with financial assistance for costs of the procedure/medication, transportation, hotels, childcare, as well as options counseling & referrals to clinics:

Hoosier Abortion Fund

Phone: 812-727-4423 (call or text)

<https://alloptionsprc.org/our-services/hoosier-abortion-fund/>

Chicago Abortion Fund

Phone: 312-663-0338

<https://www.chicagoabortionfund.org/how-we-can-help>

Midwest Access Coalition

Phone: 847-750-6224

support@midwestaccesscoalition.org

<https://midwestaccesscoalition.org/home>

Options counseling/After-abortion Counseling:

- All-Options National Talkline: A safe and confidential space where you can freely discuss your thoughts and feelings about various pregnancy and parenting options. Their dedicated team is available to assist with topics such as abortion, adoption, infertility, and pregnancy loss.
 - Website: all-options.org
 - Phone: 1.888.493.0092
- Exhale: This organization offers a caring and confidential platform to address your emotional well-being during potential abortion decisions. They also provide counseling and support after an abortion, ensuring you have the support you need throughout the process.
 - Website: exhaleprovoice.org
 - Phone: 617.749.2948 (call or text)
- Faith Aloud: For those seeking nonjudgmental spiritual counseling, Faith Aloud offers a confidential clergy counseling line. This service provides support and guidance, respecting your beliefs and values during this important time.
 - Website: faithaloud.org
 - Phone: 1.888.717.5010

Other Abortion Resources

- **If/When/How Repro Legal Helpline**: If you have questions about your legal rights and self-managed abortion care, contact the If/When/How legal team at 1-844-868-2812.
- **Miscarriage + Abortion Hotline**: If you are experiencing miscarriage or abortion and need medical information and support, call or text the M+A team, a group of clinicians with experience in miscarriage and abortion care.
- **Reprocare**: Provides a healthline that offers culturally appropriate, emotional support to callers experiencing an abortion at home.

Abortion Stories & Experiences:

- **The Abortion Diary Podcast** is a collection of abortion stories, recorded as podcasts and told by the person who had the abortion in their own words. Listen to stories or share your own!
- **Project Voice** hopes to establish a resource of sharing and support, and convey that abortion is a choice many women have made, and continue to make, for a variety of reasons.
- **The 1 in 3 campaign** is a grassroots movement to start a new conversation about abortion — telling our stories, on our own terms.
- **Ending a Wanted Pregnancy** offers support for parents ending a pregnancy after prenatal or maternal medical diagnosis.
- **We Testify** is dedicated to increasing the spectrum of abortion storytellers in the public sphere and shifting the way the media understands the context and complexity of accessing abortion care.
- **2 Plus Abortions** provides story-sharing and support for folks that have had 2 or more abortions and talks about issues of stigma and silencing.

- **So, I had an abortion...** provides a safe space for people to share their stories in an effort to motivate others to talk about abortions freely, without fear or stigma.
- **Who Not When** is a people-centered resource for understanding abortions later in pregnancy.
- *Exhale* offers a free and confidential space to talk about your emotions around potential abortion decisions & after-abortion counseling & emotional support. **You can reach out by text: 617-749-2948**
<https://exhaleprovoice.org/>