

YOUR GO-TO CONTACTS

This list is organized by when you might need help — before, during, and after your medication abortion. All organizations listed are free and confidential. Save this to your phone or computer before your day arrives.

BEFORE & DURING — Peer Support & Privacy

Reprocare Peer counseling, privacy guidance, what to expect Call or text:

833-226-7821 <https://www.reprocare.com/>

BEFORE, DURING & AFTER — Medical Questions

M+A Hotline (Miscarriage & Abortion Hotline) Free • Confidential • Volunteer clinicians Call or text: **833-246-2632** <https://www.mahotline.org>

DURING — Bilingual Live Support — Soporte bilingüe en vivo

Aya Contigo <https://hola.ayacontigo.org/>

Chat en vivo en inglés y español a través de WhatsApp.

Live chat in English and Spanish WhatsApp-based.

AFTER — Emotional Support

Exhale Pro-Voice Text support specifically after abortion www.exhaleprovoice.org

All Options Talkline Peer counseling-all feelings welcome 888-493-0092

www.alloptions.org

LEGAL QUESTIONS — Any Time

Repro Legal Helpline Free • Confidential legal advice Especially important in restrictive states www.reprolegalhelpline.org

FINANCIAL HELP

Abortion Freedom Fund (AFF) Financial assistance toward the cost of medication abortion pills — up to \$200 through partner virtual clinics. AFF may be able to help with access to a provider in some circumstances. Check website for current services and availability. Not available in GA or TX. <https://www.abortionfreedomfund.com/>

GETTING PILLS

Plan C Find what's available in your state www.plancpills.org

Aid Access Pills by mail including restrictive states aidaccess.org

All contacts free and confidential © 2026 Your Medication Abortion Companion