



# COUNSELING RESOURCES



## HELP AFTER ABORTION

### Carenet/Option Line

1-800-395-HELP (4351)

[www.optionline.org](http://www.optionline.org)

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

### Hope Alive USA

(479) 855-0072

[www.HopeAliveUSA.org](http://www.HopeAliveUSA.org)

Group treatment programs for survivors of abortion or child abuse, siblings of aborted children, and those hurting after pregnancy loss.

### National Memorial for the Unborn

1-800-505-5565

[www.memorial-unborn.org](http://www.memorial-unborn.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](http://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](http://www.rachelsvineyard.org)

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

### Ramah International

(941) 473-2188

[www.ramahinternational.org](http://www.ramahinternational.org)

Provides Christian counseling and support for post-abortive women.

## SUPPORT FOR MEN AFTER ABORTION

### Rachel's Vineyard Ministries

1-877-467-3463

[www.rachelsvineyard.org/men/index.htm](http://www.rachelsvineyard.org/men/index.htm)

Offers support through weekend retreats and email.

### Reclaiming Fatherhood Site

[www.menandabortion.info](http://www.menandabortion.info)

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

## CRISIS PREGNANCY ASSISTANCE

### Bethany Christian Services

1-800-238-4269

[www.bethany.org](http://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](http://www.birthright.org)

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

### Carenet/Option Line

1-800-395-HELP (4351)

[www.optionline.org](http://www.optionline.org)

Offers pregnancy tests, maternity clothes, medical and professional services, and care for single mothers. Trained consultants take phone calls and email 24 hours a day.

### Heartbeat International

1-888-550-7577

[www.heartbeatinternational.org](http://www.heartbeatinternational.org)

Offers pregnancy assistance, maternity homes, and adoption counseling.

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### **The Nurturing Network**

1-800-866-4666

[www.nurturingnetwork.org](http://www.nurturingnetwork.org)

Nationwide network of volunteers provides support for women facing crisis pregnancies. Offers assistance in finding employment and help with medical, residential, and financial resources.

### **HELP FOR FORMER ABORTION WORKERS**

#### **The Centurions**

(651) 771-1500

[www.plam.org](http://www.plam.org)

Provides support for former abortion providers and abortion clinic workers, and those seeking to leave the abortion industry.

## **THINGS TO CONSIDER**

This is just a partial list of the many national organizations that offer referrals or support for those facing crisis pregnancies or struggling with a past abortion. Local pregnancy centers and post-abortion support groups may also be listed in the Yellow Pages 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.

### **Finding the Right Help**

Post-abortion ministries may offer a variety of different formats and approaches. Some are staffed by volunteers who offer peer counseling, 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. The client should ask lots of questions in order to find a group or counselor with whom she feels 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.afterabortion.org/healing](http://www.afterabortion.org/healing).