



## POST-ABORTION RECOVERY RESOURCES

### A DOOR OF HOPE – POST-ABORTION RECOVERY PROGRAM

If you have experienced emotional trauma from a past abortion, we want to help. We have trained and compassionate client advocates to walk with you toward a journey of healing. Through our eight-week program, women have found emotional and spiritual restoration. The material used was written by a woman who understands first-hand the trauma of having an abortion. If you would like more information, please call [302-998-9000](tel:302-998-9000). All information is confidential.

*\*Please note: The services offered by help/healing groups are confidential and, in many cases, free. [Inclusion in this list should not be taken as an endorsement of any group.](#) Use your best judgment as you review these links. If one organization is not right for you, another one may be.*

### OTHER POST-ABORTION RECOVERY PROGRAMS

If you are in immediate distress and need to talk to someone right now, please call the 24-hour [National Helpline for Abortion Recovery](#), toll-free, at 1-866-482-5433. Someone is there to listen to you at every hour of every day. A directory of local support groups, searchable by zip code, is available on the organization's [website](#).

#### [SaveOne](#)

Dedicated to helping men, women, and loved ones recover mentally, emotionally, and spiritually, after the choice of abortion.

Email [info@saveone.org](mailto:info@saveone.org) or call 615-636-2654

#### [CareNet Abortion Healing](#)

Healing from the pain of abortion is a journey. Whether you had an abortion last week, or 40 years ago, we're here to help lead the way in abortion recovery through resources and programs that connect, equip, and support those seeking healing for themselves and/or providing for others.

Email [info@abortionhealing.org](mailto:info@abortionhealing.org) or call 703-770-8000

#### [Deeper Still](#)

There is freedom from the emotional wounds of your abortion. Deeper Still is here to help you experience that freedom. Healing retreats happening around the country in the 20 Deeper Still Chapters!

Email: [info@GoDeeperStill.org](mailto:info@GoDeeperStill.org) or call 865-524-3313



## POST-ABORTION RECOVERY RESOURCES

### [Elliot Institute After Abortion](#)

There is no reason for you to continue to feel trapped by your past or unrelenting grief. Help is available. Experienced, trained healers, most of whom have been exactly where you are today, are ready to help you.

### [Entering Canaan](#)

Entering Canaan ministers to women, men, and siblings on their journey to healing from the pain, isolation, and silent suffering of abortion to the freedom of forgiveness, healing, and peace through Christ. Email them at [eenteringcanaan17@gmail.com](mailto:eenteringcanaan17@gmail.com)

### [Healing Hearts Ministries](#)

Gospel-centered, grace-driven counseling for those wounded by their past. Compassionate, Healing Hearts Certified Counselors are here to guide you through discovering how God's Word offers hope and healing from tragedies and afflictions such as sexual abuse, domestic violence, abortion, rape, and catastrophic loss. Online and small group studies and support. [888-792-8282](tel:888-792-8282)

### [H3LPLINE](#)

Help, Hope, Healing...After the Pain of Abortion. H3LPLINE is a national after-abortion support helpline providing free and confidential support and resources after abortion to people experiencing stress or trauma. We can all help you emotionally heal after an abortion. Call or Text [866-721-7881](tel:866-721-7881)

### [Lumina](#)

A post-abortion referral network that offers group programs, retreats for women and men, referrals to professional therapists, post-abortion ministries, and clergy members trained in post-abortion stress. A network of women and men who have walked through the pain of abortion are also ready to accompany you through the darkness, into the joy of a renewed life.

National toll-free hotline at [1-877-586-4621](tel:1-877-586-4621) or email [lumina@postabortionhelp.org](mailto:lumina@postabortionhelp.org)

### [Men and Abortion Network](#)

To promote emotional healing for men who have lost a child to abortion, and to create awareness among the counseling community, the pro-life movement and society as a whole regarding the impact of abortion on millions of these hurting fathers. Visit [menandabortion.net](http://menandabortion.net)

### [Rachel's Vineyard Ministries](#)

Rachel's Vineyard weekends are a safe place to renew, rebuild and redeem hearts broken by abortion. Weekend retreats offer a supportive, confidential and non-judgmental environment where women and men can express, release and reconcile painful post-abortive emotions to begin the process of restoration, renewal and



## POST-ABORTION RECOVERY RESOURCES

healing. Call their toll-free national hotlines: 877 HOPE4ME (877-467-3463)  
[Ask an expert about healing / online Q&A](#)

### [Project Rachel](#)

It's normal to grieve a pregnancy loss, including the loss of a child by abortion. It can form a hole in one's heart, a hole so deep that sometimes it seems nothing can fill the emptiness. To contact a local Project Rachel Ministry, [click here](#), then click on your state to find the contact information of someone near you. Some ministries participate in the nationwide toll-free helpline, so you can dial 888-456-HOPE (4673) to be connected to a local ministry near you.

### [Esperanza Posaborto](#)

Es normal llorar la pérdida de un embarazo, como también la pérdida de un hijo por un aborto. Puede crear un hueco en el corazón, un hueco tan profundo que a veces parece que nada puede llenar ese vacío. Para ponerse en contacto con un Ministerio local de Proyecto Raquel, [haga clic aquí](#), luego haga clic en su estado para buscar la información de contacto de alguien cercano a usted. Algunos ministerios participan en la línea de ayuda gratuita a nivel nacional, por lo que también puede marcar 888-456-HOPE (4673) para conectarse con un ministerio local cerca de usted.

### [Her Choice to Heal](#)

The Her Choice to Heal abortion recovery course is free of charge to anyone who is struggling after an abortion decision. Each of the 9 featured modules addresses an emotion of abortion pain, providing information and comfort along with healing activities designed to produce enlightenment and peace. This spiritually based course incorporates Biblical passages relating to abortion pain to begin to connect individuals to God's unique healing process. This site is free for anyone to use and the Ramah International team is always available to help you process your emotions as you work through each module.

### [Word of Hope](#)

If you struggle with a past abortion decision, we're here for you. Men and women often experience regret, grief, anger, and confusion after an abortion and don't always understand why. We can help. There is forgiveness, grace, hope, and restoration available for you, no matter your past or story. Email [info@word-of-hope.org](mailto:info@word-of-hope.org) or call 888-217-8679

### [Unborn Memorials](#)

This is the place to give love and honor to your child who was lost due to an abortion. This online memorial can be a helpful alternative and part of your journey of healing. It can also be a place for you to express the love you have for that child which will remain forever.



## POST-ABORTION RECOVERY RESOURCES

### Groups Offering Online Support

#### [Your Abortion Experience](#)

A website giving women, men, family members and others involved in abortion a safe place to share their experiences in a confidential and neutral environment. Includes articles, information and resources on coping with abortion and resolving

#### [Focus on the Family](#)

Have you or someone you know experienced an abortion and the weighty outcomes that follow? You are not alone or outside of God's love and redemptive care.

#### [Healing After](#)

Feeling mixed emotions about your abortion? Start healing today. Prefer to text or talk with someone now? Text "LINE" to [313131](#) or call [866-88-WOMAN](#) (866-889-6626)

#### [Kala's Group](#)

An online community with an intimate feel. Kala's Group hosts message boards, and scheduled chats. It also has a memorials page.

#### [Passages of Hope](#)

Are you struggling with an abortion experience? In this study, you will have the opportunity to sort through your emotions, be guided through the grief and loss process, and find hope and healing after abortion, whether it was a year ago or decades. This study is 6-9 weeks

#### [Support After Abortion](#)

Real-time, compassionate, genuine care for women and men who are experiencing grief, regret, and other emotions after abortion. [Client Healing Center](#)  
Call: [833-403-HEAL \(4325\)](#) | Email: [HELP@SUPPORTAFTERABORTION.COM](mailto:HELP@SUPPORTAFTERABORTION.COM)

#### [Surrendering the Secret](#)

Free online resources for post-abortion healing from the Life Impact Network.

**\*Please note:** The services offered by help/healing groups are confidential and, in many cases, free. Inclusion in this list should not be taken as an endorsement of any group. Use your best judgment as you review these links. If one organization isn't right for you, another one may be.