

Hurt after abortion?

Help is available for women and men in the listings below:

Help After Abortion www.helpafterabortion.org 888-456-HOPE

Hope after Abortion / Project Rachel (counseling and spiritual care) www.hopeafterabortion.org 888-456-HOPE (4673)

SaveOne Ministry www.saveone.org 615-347-8800

Metro Women's Care www.metrowomensva.com 703-354-7272, 5101-D Backlick Rd., Springfield, VA

Abortion Changes You (on-line refuge to begin the process of healing) www.abortionchangesyou.com

Rachel's Vineyard Ministries (a psychological and spiritual weekend for abortion healing) 1-877-HOPE-4-ME

Lumina / Hope & Healing after Abortion (men & women who have walked through the pain of abortion & can help you)
www.postabortionhelp.org 877-586-4621 lumina@postabortionhelp.org

Silent No More Awareness www.silentnomoreawareness.org

Help for Men: <http://silentnomoreawareness.org/resources/support-and-recovery-groups.aspx>

Men and Abortion www.menandabortion.net

Men Hurt Too <http://www.nationalhelpline.org/men-hurt-too.html>

Healing the Dad www.fatherhoodforever.org

Nation-wide referral service: Post-Abortion Reconciliation and Healing 1-800-5WE-CARE email: noparh@juno.com

Worldwide service: Ramah International <http://ramahinternational.org>

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