



## Rural Arizona Abortion Access Resources

\*Note: Due to the rapidly changing legal landscape, the safety of using these resources is unfortunately not guaranteed. We will try to keep this list updated, but recommend taking precautions while seeking these resources.

### ● Abortion Medication Access Resources

- *I Need an Abortion*: A tool to understand how to get an abortion in your area.
  - Website: <https://www.ineedana.com/>
- *Abortion Fund of Arizona Rural Access Network*: Provides financial assistance and other resources to rural Arizonans in need of abortion care. Accepts donations.
  - Website: <https://www.abortionfundofaz.org/rural-access-project>
  - Helpline: 602-327-5166
  - Email: [hello@abortionfundofaz.org](mailto:hello@abortionfundofaz.org)
- *Planned Parenthood*: Information on how to find access to care
  - Website: <https://www.plannedparenthood.org/planned-parenthood-arizona>
- *Tucson Abortion Support Collective*: Provides emotional, informational, material, and logistical support to people seeking abortion care in Arizona.
  - Website: [https://www.abortionintucson.org/home\\_english](https://www.abortionintucson.org/home_english)
- *Indigenous Women Rising*: Provides reproductive justice advocacy for Indigenous folks seeking abortion care, financial assistance, midwifery, and more.
  - Website: [iwrising.org](http://iwrising.org)
- *National Women's Health Network*: Information on how to get the abortion pill by mail
  - Website: <https://nwhn.org/safe-online-delivered-how-to-get-the-abortion-pill-by-mail/>
- Other abortion funds throughout the country to request help or donate.
  - Website: [abortionfunds.org/need-abortion](http://abortionfunds.org/need-abortion)
- Information, support, referrals for planning at-home abortions
  - Helpline: 1-833-226-7821
- *AidAccess* – Abortion medication referral/resource.
  - Website: <https://aidaccess.org/en/i-need-an-abortion>
- *Plan C* – Abortion medication referral/resource.
  - Website: <https://www.plancpills.org/states/arizona>
- *Three for Freedom* – Referral resource to contraceptive, plan B, and abortion medication providers.



- Website: <https://www.threeforfreedom.com/>
- *Jane's Due Process*: Abortion assistance for underage folks without parental permission.
  - Call or Text 866-999-5263
- **Digital Security and Privacy Resources**
  - Surveillance self-defense resources for reproductive healthcare advocates - <https://ssd.eff.org/en/playlist/reproductive-healthcare-service-provider-seeker-or-advocate>
  - *Digital Defense Fund* – Digital security and privacy guides for those seeking an abortion or supporting someone seeking an abortion.
    - Website: <https://digitaldefensefund.org/ddf-guides/abortion-privacy>
  - *Electronic Frontier Foundation* – Digital security and privacy guides for those seeking an abortion or supporting someone seeking an abortion.
    - For those seeking an abortion - <https://www.eff.org/deeplinks/2022/06/security-and-privacy-tips-people-seeking-abortion>
    - For those supporting and/or assisting someone with their abortion - <https://www.eff.org/deeplinks/2022/05/digital-security-and-privacy-tips-those-involved-abortion-access>
- **Arts- and Story-centric Reproductive Justice Resources**
  - *Wasted Ink Zine Distro* – Free abortion zine resources available for download and distribution. PHX-based.
    - Website: <https://www.wizd-az.com/blog/abortion-zines-resources>
  - *Barnard Library/Barnard College* – Free abortion zine resources available for download and distribution.
    - Website: <https://library.barnard.edu/news/downloadable-reproductive-justice-zines>
- **Additional Abortion Support Resources**
  - *Repro Legal Helpline* – Provides legal information to those seeking an abortion.
    - Website: <https://www.reprolegalhelpline.org/>
    - Helpline: 844-868-2812
  - *We are DOPO* – Provides 1:1 abortion support as well as abortion support training. Virtual support available.
    - Website: <https://www.wearedopo.com/>
  - *M+A Hotline* – Medical question resource and helpline for those experiencing a miscarriage or having an abortion.



- Website: <https://www.mahotline.org/>
  - Helpline: +1 (833) 246-2632
- *All Options* – Support/counseling resource and helpline for pregnant individuals deciding next steps.
  - Website: <https://www.all-options.org/>
  - Helpline: +1 (888) 493-0092
- *Reprocare* – Provides emotional support, medical information, and referrals for people having a medication abortion at home.
  - Website: <https://reprocare.com/>
  - Helpline: +1 (833) 226-7821
- *Exhale ProVoice* – Post-abortion emotional support resource and textline.
  - Website: <https://exhaleprovoice.org/>
  - Textline: (617) 749-2948
- *Connect & Breathe* – Post-abortion emotional support resource and helpline.
  - Website: <https://www.connectandbreathe.org/>
  - Helpline: +1 (866) 647-1764
- **For Organizations** (Google Workspace Alternatives for Non-profits, Activist Organizations, Activists, and Alike)
  - *Riseup* – Privacy-focused communications tools for activists and activist organizations. Not affiliated with Rise Up 4 Abortion Rights.
    - Website: <https://riseup.net/>
  - *Protonmail* – Free privacy- and security-focused email client. Based in Switzerland; communications and other data are protected by Swiss privacy laws and Swiss neutrality.
    - Website: <https://proton.me/mail>
- **Transportation Resources**
  - *Elevated Access*- “Our volunteer pilots transport passengers at no cost to access the healthcare they need.”
    - Website: <https://elevatedaccess.org/>
  - *The Brigid Alliance*: Travel assistance to access abortion care
    - Website: [brigidalliance.org](http://brigidalliance.org)



*This resource list was compiled by Rural Arizona Action and was last updated on July 1, 2022.  
For more questions and comments about this resource list, please contact  
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