

# YOU ARE NOT ALONE

## RESOURCES FOR YOU

### Forced or Coerced Abortion

Some women who learn they are pregnant may feel pressured or forced towards an abortion decision. The influencer or the one forcing the abortion might be a parent, friend, the baby's father, school counselor, employer, etc. Any forced abortion is illegal.

If you or someone you know has experienced a forced abortion, the following resource is available to help.

- [The Justice Foundation](https://www.TheJusticeFoundation.org/cafa): [TheJusticeFoundation.org/cafa](https://www.TheJusticeFoundation.org/cafa)
  - Call: (210) 614-7157
  - Email: [info@txjf.org](mailto:info@txjf.org)

### Abortion Pill Reversal

Have you taken the first dose of the abortion pill? Do you regret your decision and wish you could reverse the effects of the abortion pill? Help is available 24/7.

- [Abortion Pill Reversal](https://www.AbortionPillReversal.com): [AbortionPillReversal.com](https://www.AbortionPillReversal.com)
  - Call: 877-558-0333
  - Email: [help@apr.life](mailto:help@apr.life)



### DOMESTIC VIOLENCE

No one ever deserves to experience abuse. Everyone deserves healthy relationships. If you or someone you know is experiencing domestic violence, help is available.

- If you are in immediate danger, call 911.
- [National Domestic Violence Hotline](https://www.TheHotline.org): [TheHotline.org](https://www.TheHotline.org)
  - 800-799-SAFE (7233)
  - 800-787-3224 (TTY)
  - Advocates are also available to chat 24/7
- [Local resources are available](https://www.Justice.gov/ovw/local-resources): [Justice.gov/ovw/local-resources](https://www.Justice.gov/ovw/local-resources)
- [National Center for Victims of Crime](https://www.VictimConnect.org): [VictimConnect.org](https://www.VictimConnect.org)
  - 855-4-VICTIM (855-484-2846)
- [StrongHearts Native Helpline](https://www.StrongHeartsHelpline.org): [StrongHeartsHelpline.org](https://www.StrongHeartsHelpline.org)
  - 844-762-8483





## HUMAN TRAFFICKING

If you or someone you know needs help or if you or someone you know:

- is being forced to have sex for money or something of value against his or her will
- is under 18 and engaging in commercial sex
- is being forced to work or perform services against his or her will

call the National Human Trafficking Hotline toll-free, 24 hours a day, 7 days a week to speak with a specially trained Anti-Trafficking Hotline Advocate. Support is provided in more than 200 languages.

- In an emergency, call 911
- For immediate assistance, contact the [National Human Trafficking Hotline](https://www.humantraffickinghotline.org)

([HumanTraffickingHotline.org](https://www.HumanTraffickingHotline.org)):

- Call: 1-888-373-7888
- Text: "BEFREE" (233733)
- Phone number for hearing- or speech-impaired callers: Dial 711
- Email: [help@humantraffickinghotline.org](mailto:help@humantraffickinghotline.org)
- [Report Tip Online](https://www.HumanTraffickingHotline.org/Report-Trafficking) at [HumanTraffickingHotline.org/Report-Trafficking](https://www.HumanTraffickingHotline.org/Report-Trafficking)

### Additional Resources

- Unplanned Pregnancy? Option Line, 24-hour Hotline
  - 1-800-712-4357
- Sexual Abuse: Rape, Abuse and Incest National Network (RAINN), 24-hour Hotline
  - 1-800-656-4673
- Suicide: National Suicide Prevention Lifeline, 24-hour Hotline
  - 988
- Dating Violence: National Dating Abuse Helpline, 24-hour Hotline
  - 1-866-331-9474
- Runaway and Homeless Youth: National Runaway Safeline, 24-hour Hotline
  - 1-800-RUNAWAY (786-2929)
- Missing Children and Child Pornography: National Center for Missing and Exploited Children, 24-hour Hotline
  - 1-800-THE-LOST (843-5678)