

Pregnancy Termination Resources

Online Resources

- **Exhale Pro Voice After Abortion Text line**
617-749-2948
exhaleprovoice.org
Nonjudgmental after abortion support from trained counselors, always a real person to talk to via text. Text line is available during specific times, see website for more information.
- **Post Partum Support International**
postpartum.net/get-help/loss-grief-in-pregnancy-postpartum
Provides a variety of resources, including reading materials and peer support options for individuals experiencing loss and grief in the pregnancy and postpartum periods.
 - **Therapist Search**
PSI has a directory of perinatal mental health therapists that you can filter by your insurance type, specialization of grief/loss and availability
postpartum.net/get-help/provider-directory
- **Empty Arms**
An organization in Western MA that has collected a handful of resources to support families in their grief after making the loving, hard decision to end a pregnancy for medical reasons.
emptyarmsbereavement.org/tfmr-resources
And their page about support for dads specifically:
emptyarmsbereavement.org/resources-for-dads
- **TFMR Mamas (Termination for Medical Reasons)**
tfmrmamas.com
TFMR Mamas offers support groups and resources to navigate the period after loss.

Online Groups

- **Termination for Medical Reasons Support for Moms**
postpartum.net/group/termination-for-medical-reasons-support-group
This group provides non-judgmental support to moms who have experienced termination for medical reasons. Led by Post Partum Support International (PSI) trained facilitators, this group helps bereaved mothers find support, useful information, and resources to help them navigate the pain of their loss. Please see link for information on dates and times this group meets

These listings are provided as a convenience for our patients and their families. This list is not comprehensive; there may be other local options. **Mass General Hospital does not endorse any non-Mass General affiliated providers.**

- **Post-Abortion Support**

postpartum.net/group/post-abortion-support

This group provides a space for people to receive non-judgmental, post-abortion emotional support. This group is a confidential space for speaking openly about abortion experiences, free from shame and stigma, outside the political and religious debate. Please see link for information on dates and times this group meets.

Podcasts and Books

Note: TFMR refers to pregnancy termination due to medical reasons

- The TFMR Doula Podcast thetfmrdoula.com/podcast.html
- Time to Talk TFMR podcasts.apple.com/gb/podcast/time-to-talk-tfmr/id1545187085
- Book list on TFMR Mamas tfmrmamas.com/post/recommended-books-tfmr-mamas-reading-list
- *He Lost His Baby Too* by Kelly Farley with David Dicola

