



## Resources for Expectant Moms and Parents in Crisis National Resources

As of 4/25/2025

### Emergency Resources through the Catholic Church

<p><b>Catholic Charities: Emergency Assistance</b></p> <p><a href="http://www.catholiccharitiesusa.org/about-us/find-a-local-agency/">www.catholiccharitiesusa.org/about-us/find-a-local-agency/</a></p> <p>Locate your local Catholic Charities agency from among 168 agencies of the nationwide Catholic Charities network. Catholic Charities offer a broad array of services to all people in need.</p>	<p><b>St. Vincent de Paul Society</b></p> <p><a href="http://ssvpusa.org/assistance-services/">ssvpusa.org/assistance-services/</a></p> <p>Locate your local St. Vincent de Paul Chapter. The Society offers tangible assistance to those in need on a person-to-person basis. Aid may take the form of intervention, consultation, or direct dollar or in-kind service. An essential precept of the Society's work is to provide help while conscientiously maintaining the confidentiality and dignity of those who are served.</p>
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### Medical and Mental Health Resources

<p>Catholic Physicians <b>Catholic Medical Association: Catholic Physician Search</b></p> <p><a href="http://www.cathmed.org/physician-directory/">www.cathmed.org/physician-directory/</a></p> <p>Webbased search by state, speciality, and zipcode for Catholic physicians who abide by the U.S. Conference of Catholic Bishops' Ethical and Religious Directives for Catholic Healthcare Services.</p>	<p>Catholic Physicians <b>MyCatholicDoctor</b></p> <p><a href="http://mycatholicdoctor.com/">mycatholicdoctor.com/</a></p> <p>National network of faithful medical professionals, providing video visits/telehealth, home visits, and office referrals. Evidence-based scientific medicine from a Catholic perspective, integrating Catholic spirituality into care as appropriate to the situation. Sees people regardless of religious affiliation.</p>
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### **Medical and Mental Health Resources - continued**

<p>Mental Health Services <b>National Alliance on Mental Illness</b> Help Line: 800-950-NAMI.  <a href="http://nami.org/home">nami.org/home</a>  Advocacy, Education, Support, and Public Awareness for Individuals and Families Affected by Mental Illness</p>	<p>Mental Health Services <b>988 Suicide &amp; Crisis Lifeline</b> 24/7 Hotline: 988 <i>Disponible en Espanol</i> TTY Users: Dial 711 and then 988 Online chat: <a href="http://988lifeline.org/chat">988lifeline.org/chat</a>  <a href="http://988lifeline.org">988lifeline.org</a>  Free and Confidential support for people in distress. Prevention and crisis resources for you or your loved ones. Available 24/7 across the United States.</p>
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### **Pregnancy Help**

<p><b>Standing By You</b>  <a href="http://www.standingwithyou.org/">www.standingwithyou.org/</a>  Find local resources for pregnant and parenting women for healthcare, counseling, clothing and food assistance, housing, childcare, insurance, peer-to-peer support, financial assistance, adoption, and more.</p>	<p><b>Option Line</b> Call or text: 1-800-712-4357  <a href="http://optionline.org/">optionline.org/</a>  Provides an online, searchable list of pregnancy care centers in your area that offer peer counseling and accurate information about all pregnancy options. These centers do not offer or refer for abortion services.</p>
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## Spiritual Help and Healing

<p>Hope After Abortion <b>Project Rachel</b> Nationwide, toll-free helpline 1-888-456-HOPE</p> <p><a href="http://hopeafterabortion.com/">hopeafterabortion.com/</a></p> <p>Assistance in grieving a pregnancy loss due to abortion</p>	<p>Find a Local Parish <b>U.S. Conference of Catholic Bishops</b></p> <p><a href="http://www.usccb.org/mass-times">www.usccb.org/mass-times</a></p> <p>Find a parish by searching for Mass times near you</p>
<p>Bereavement Care <b>Be Not Afraid</b> 134 Yellow Birch Loop Mooresville, NC 28117 815-962-1512</p> <p><a href="http://benotafraid.net/">benotafraid.net/</a></p> <p>Support, Guidance, and Resources to Parents Experiencing a Prenatal Diagnosis and Carrying to Term</p>	<p>Bereavement Care <b>Now I Lay Me Down to Sleep</b> P.O. Box 621669 Littleton, CO 80162 720-283-3339 headquarters@nilmdts.org</p> <p><a href="http://www.nowilaymedowntosleep.org/">www.nowilaymedowntosleep.org/</a></p> <p>Remembrance Photography to Parents Suffering the Loss of a Baby</p>

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### Additional Resources

<p><b>United Way 2-1-1</b>                  24/7 hotline: 2-1-1 or 1-888-865-9903. Or text to 898211</p> <p><a href="http://www.navigateresources.net/path/">www.navigateresources.net/path/</a></p> <p>Free, confidential referrals to essential community services, including Basic Human Needs, such as food, shelter, rent and utility assistance; Physical and Mental Health Resources, such as health insurance programs, Medicaid and Medicare, medical information lines, crisis intervention services; Employment Supports, such as job training, transportation assistance, education programs; Support for Older Americans and Persons with Disabilities, such as adult day care, respite care, home health care, independent living programs; Support for Children, Youth and Families, such as after school programs, family resource centers, mentoring, tutoring, protective services.</p>	<p><b>National Human Trafficking Hotline</b>                  24/7 hotline: 1-888-373-7888                  TTY: 711                  Text* 233733                  Chat: <a href="http://humantraffickinghotline.org/en/chat">humantraffickinghotline.org/en/chat</a></p> <p>English: <a href="http://humantraffickinghotline.org/en">humantraffickinghotline.org/en</a></p> <p>Search for local services:  <a href="http://humantraffickinghotline.org/en/find-local-services">humantraffickinghotline.org/en/find-local-services</a></p> <p>Support for you or someone you know who needs help. The hotline can be used to get help or to report a potential human trafficking situation.</p>
<p>Ethics Consultation  <b>National Catholic Bioethics Center</b>                  215-877-660  <a href="http://www.ncbcenter.org/consultation-form">www.ncbcenter.org/consultation-form</a></p> <p><a href="http://www.ncbcenter.org">www.ncbcenter.org</a></p> <p>Free consultation, moral, medical, ethical, educational guidance</p>	<p>Domestic Abuse  <b>National Domestic Abuse Hotline</b>                  Call: 800-799-7233                  Text "START" to 88788                  Chat: <a href="http://www.thehotline.org/#">www.thehotline.org/#</a></p> <p><a href="http://www.thehotline.org">www.thehotline.org</a></p> <p>Free, confidential, call, chat, text, plan for safety, get help, available 24/7</p>

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**Additional Resources – continued**

<p>Pregnancy and Parenting Support <b>LoveLine</b> 888-550-1588 <a href="https://loveline.com/">https://loveline.com/</a></p> <p>Provides accompaniment and aid for moms through case management services, career support, counseling, and more.</p>	<p>Placement of Abortion Workers at New Jobs <b>And Then There Were None</b> 888-570-5501 <a href="https://abortionworker.com/">https://abortionworker.com/</a></p> <p>Helps workers in the abortion industry leave their work to gain fulfilling employment, legal representation, financial aid, scholarships, spiritual support, healing, and <i>peace</i>.</p>
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