

Abortion Alternatives: A Comprehensive Resource Guide

This guide is designed to serve as a life-affirming reference for women facing unplanned pregnancies, as well as their partners, family members, and support systems.

I created this on Mother's Day 2025 to recognize expecting mothers and their loved ones in a non-traditional way on my **Couple O' Nukes** podcast episode titled *"Embracing Motherhood: Abortion Alternatives You Need To Know About"* which covered a lot of the information below. This guide covers all of those resources as well but also includes website links to organizations that provide services and resources in relation to the abortion alternatives discussed.

Again, these organizations listed are not sponsors, partnerships, nor am I vouching for their authority, credibility, or abilities. I am providing them based on their popularity, consistency, and success, as well as the information, services, and resources provided by them. Inclusion in this guide is not an endorsement. Please research and evaluate all services independently.

Couple O' Nukes Communication Line

In addition to this guide and the organizations included, I am adding a specific communication process to reach me in regard to this topic. While a variety of contact methods can be found on my website and in my episode descriptions, following this guide's specific communication process will ensure a faster response for your needs.

 **Please Email:** coupleofnukes@gmail.com

 **Subject Line:** Abortion Alternatives Help

By following the subject specificity, this will ensure the email is received as a priority for a faster response back. Please do not attempt to reach me on social media platforms regarding this subject matter, as many requests are not seen immediately.

Legal Disclaimer:

I do not offer medical, financial, legal, housing, educational, or therapeutic services. My role is to provide neutral, compassionate listening for women considering abortion and their loved ones. All communication is confidential, and anonymity is respected. This guide is for informational purposes only and does not replace professional medical, psychological, legal, or financial advice. Messages are not monitored by licensed providers. Do not share medical records or submit emergency concerns. For urgent needs, please contact a licensed professional or emergency service. All statistics and information included are accurate per the time of publication and may have changed since then. Be sure to double-check and research all information to be up-to-date.

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Parenting With Support

Overview: Choosing to raise the child with the help of community, family, and organizations that provide financial, educational, and emotional support. This section is especially for those involved with or supporting the expecting mother.

Needs Covered:

- Housing And Food Assistance
- Prenatal And Postnatal care
- Parenting Classes
- Childcare
- Job Training And Educational Programs
- Emotional And Mental Health Mentorship

Organizations:

- **Care Net** (<https://www.care-net.org/>)
- **Heartbeat International** (<https://www.heartbeatinternational.org/>)
- Local Churches, Food Pantries, Non-Profits, And Faith-Based Community Networks

Importance Of Support: Whether the pregnancy is welcomed or terrifying, the presence or absence of support can be the deciding factor in a woman's emotional stability, decision-making process, and overall well-being. Additionally, the child's health can be affected by outside factors, including stress. Judgment, isolation, and shame often intensify an already difficult situation, sometimes pushing women toward abortion—not because they want to, but because they feel cornered and alone.

Support means more than offering advice—it means being present without condemnation. It means creating a safe, respectful environment where a woman can think clearly and make life-affirming decisions with dignity. Whether through mentorship, housing, finances, or simply emotional presence, support systems can dramatically reduce the panic, fear, and sense of helplessness that many pregnant women face. The best thing you can do isn't to lecture—it's to listen, provide options, and make sure she doesn't feel like she's carrying the weight of the world alone. There is a proper time and place for accountability.

How Stress Affects Pregnancy

Stress isn't just an emotional experience—it has real physiological consequences for both mother and child. When a woman experiences chronic or extreme stress during pregnancy, her body releases high levels of cortisol, a stress hormone that can cross the placenta and affect fetal development.

Key Health Impacts of Stress on Pregnancy:

- **Preterm Birth:** Elevated maternal stress is linked to a higher risk of preterm labor, which can lead to complications like underdeveloped lungs and lower birth weight.
- **Low Birth Weight:** High cortisol levels can constrict blood flow to the uterus, limiting oxygen and nutrient delivery to the baby.
- **Brain Development:** Excessive maternal stress may impair the development of brain structures in the fetus, especially those related to emotional regulation.
- **Behavioral And Emotional Effects:** Research shows children born to highly stressed mothers may have higher risks for anxiety, depression, and attention issues later in life.
- **Maternal Health:** Prolonged stress can increase the mother's risk for preeclampsia, gestational diabetes, and postpartum depression.

Why Support Matters:

When a pregnant woman feels safe, supported, and emotionally grounded, her body produces protective hormones (like oxytocin) that help regulate blood pressure, reduce anxiety, and stabilize her mood. A peaceful environment isn't a luxury—it's a medical and emotional necessity. A feeling of calmness and security allows for more rational decision making and more long-term planning. Pregnant women can deal with isolation, depression, and suicidal ideation, and it's important for us, as outside supporters, to minimize those negative risks and to maximize positive support while balancing reality and accountability in a respectful and appropriate manner.

Adoption

Overview: Placing the child with a vetted adoptive family. There are multiple forms of adoption tailored to different comfort levels. Check with your state and different organizations to see how certain aspects may vary. Keep in mind that with today's science, it's possible that Closed Adoption may not entirely prevent the child from finding out that they are adopted one day due to genetic tracing.

Types:

- **Open Adoption** – Direct Communication With The Child And Family
- **Semi-Open** – Mediated Updates Through The Agency
- **Closed** – No Identifying Contact

Benefits:

- Choose The Adoptive Family (Varies)
- Medical And Legal Expenses Often Covered
- Emotional Counseling Available

Organizations:

- **Lifeline Children's Services** (<https://lifelinechild.org/>)
 - **Bethany Christian Services** (<https://www.bethany.org/>)
 - **Adoption.com**
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Temporary Guardianship / Kinship Care

Overview: Placing the child under temporary care of relatives or trusted guardians while the birth parent stabilizes their situation. If you are an outside supporter of an unexpected mother and capable of providing temporary guardianship, please communicate this opportunity to help make more options available to her and to help alleviate some harmful stress, as discussed earlier.

Ideal For:

- Young Or Single Mothers Or Mothers In Abusive Situations
- Mothers Facing Major Transitions (School, Finances, Career, Relocation, Rehab)

Legal & Practical Guidance:

- Guardianship may be formal, such as through family court or informally agreed upon between parties verbally or otherwise stated. It's important to know which is best for you based on your situation, and to consider the alignment of values, safety, and transparency with the designated guardians.

Organizations:

- **Generations United** (<https://www.gu.org/>)
 - Local Family Court services
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Safe Haven Laws

Overview: Legal protection to anonymously surrender a newborn at a designated location without prosecution. This helps to minimize infant abandonment. Please note that the location has to be staffed, with an individual receiving the baby and not just the child being left at the location.

Who Can Do So: The birth parent. Some states allow for a designated agent to do so. This can be done anonymously without questions asked or a name being provided, but that also varies from state to state, so be sure to check first.

Where To Do So:

- Hospitals (All States)
- Fire Stations, Police Stations, And EMS Locations
- Churches And Adoption Agencies (Some States)

Conditions: Baby must be unharmed and within state-specific age limits. (Ranges 3-90 days)

Legal Information: If the conditions are met, then the person leaving the baby is not charged criminally with abandonment. The individual gives up parental rights when the baby is surrendered, but may reclaim them in some states within a limited time window. Because laws vary by state and situation, always contact a Safe Haven legal expert or hotline representative before taking any action, especially if you are researching which states you can take action in.

Baby's Future:

- The Child Receives Immediate Medical Care
- Child Welfare Services Are Contacted
- The Baby Is Typically Placed Into Adoption—Often With Pre-Screened Families

Resources:

- **National Safe Haven Alliance** (<https://www.nationalsafehavenalliance.org/>)
- **24/7 Hotline:** 1-888-510-BABY (2229)

Maternity Housing Programs

Overview: Life-affirming residential services designed to support pregnant women who are in crisis or without stable housing. These programs are often faith-based or nonprofit-run, offering shelter and a full range of services to help women prepare for motherhood, adoption, or a long-term plan for self-sufficiency.

Notes: Some programs are not free, but they are typically made to be affordable. Additionally, most accept just the expecting mother, but some also accept mothers with other children. While many are faith-based, most do not require religious participation or for the woman to be a believer. Most importantly, some of them have waiting lists, so you should research and reach out as quickly as possible.

Services Provided:

- Safe Housing and Meals
- Medical Care Coordination (Such As Prenatal Appointments, Ultrasounds, And Maternal Wellness Checkups.)
- Parenting Classes And Life Skills Training
- Emotional and Spiritual Support (Mentorship, Counseling, Group Support, Etc)
- Job Readiness And Education (GED Programs, Resume Building, Job Placement)
- Post-birth Planning (Help With Adoption, Transitional Housing, Reunification Plans)

Organizations:

- **The Gabriel Network** (<https://gabrielnetwork.org/>)
 - **Good Counsel Homes** (<https://www.goodcounselhomes.org/>)
 - **Heartbeat International** (<https://www.heartbeatinternational.org/worldwide-directory>)
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Financial Support Programs

Overview: Financial aid for women considering abortion due to economic hardship. These programs remove the financial pressure that drives many toward abortion. These are services provided by nonprofits, ministries, pregnancy resource centers or the government that help pregnant women cover basic living and pregnancy-related costs.

Services Provided:

- **Emergency Financial Relief** (Rent, Mortgage, Utility Bills, Transportation For Medical Appointments, Childcare Subsidies)
- **Medical Support** (Pregnancy Tests, Prenatal Vitamins/Supplements, Lab Work, Exams, Ultrasounds, Hospital Delivery Fees)
- **Material Aid** (Maternity Clothing, Cribs, Diapers, Formula, Bottles, Wipes, Gift Cards For Groceries Or Gas)
- **Ongoing Case Support** (Financial Coaching/Budgeting, Referrals For Government Aid, Education And Employment Assistance, Housing Referrals And Long-Term Planning)

Non-Government Organizations:

- **Let Them Live** (<https://letthemlive.org>)
- **Option Line** (<https://optionline.org>)
- **Care Net Pregnancy Centers** (<https://www.care-net.org/find-a-pregnancy-center>)
- **Catholic Charities USA** (<https://www.catholiccharitiesusa.org>)
- **LoveLine** (<https://loveline.com>)

Non-Pregnancy But Relevant Government Programs:

- **WIC (Women, Infants, and Children)** – Nutrition Aid For Pregnant Women And Young children
- **Medicaid** – Offers pregnancy coverage and postpartum care in most states
- **TANF (Temporary Assistance For Needy Families)** – Monthly Cash Aid And Work Assistance
- **SNAP (Food Stamps)** – Helps Low-income Women Buy Groceries During And After Pregnancy

- **Section 8 Housing Vouchers** – Long-term Housing Aid (Note: Waiting Lists)

Hotline Information:

- **OptionLine 24/7 Hotline:** 1-800-712-HELP (4357)
 - **Text:** HELPLINE to 313131
 - **Chat Or Search By ZIP** (<https://optionline.org>)
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Emotional And Spiritual Support

Overview: With so much focus on finances and materials, emotional and spiritual support is often the most overlooked component for women facing unplanned pregnancies despite the absolute importance of it as much earlier when they feel isolated, ashamed, or overwhelmed. Providing compassionate, judgment-free care in this area can mean the difference between despair and hope, and often influences whether or not a woman chooses life.

Services Provided:

- **Peer Counseling And Mentorship**
 - One-on-one sessions with trained volunteers
 - Help normalize the experience and relieve fear
 - Provide encouragement without pressure
 - Connecting with women who have gone through the same experience

- **Support Groups**
 - Group of women going through or healing from similar situations
 - Discussions on crisis pregnancy, abortion recovery, grief, single motherhood, and emotional resilience

- **Therapy**
 - Abortion-alternative-focused options or faith-based organizations that offer low-cost or free therapy.
 - Private faith-based therapists
 - Non-faith-based therapists
 - Online or in-person
 - Group therapy

- **Spiritual Support**
 - Spiritual mentors and pastoral counselors
 - Make sense of their situation from a faith perspective
 - Reconnect with divine purpose and identity
 - Receive forgiveness and emotional healing
 - Strengthen courage, peace, and dignity through prayer, scripture, and connection

Organizations:

- Previously mentioned organizations include **Embrace Grace, LoveLine, OptionLine,** and **Catholic Charities USA**
 - **BetterHelp** (Private Platform)
 - Online therapy with licensed professionals
 - Ability to request therapists with value-aligned backgrounds
 - Financial Aid Available Through Sliding Scale Application
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Resources And Support For Rape-Pregnancies

Overview: An estimated 32,000+ pregnancies are caused by rape each year, and that's with 5% or rapes resulting in pregnancy. About **50%** of all pregnancies resulting from rape are aborted. This section will cover resources tailored specifically to those cases, as well as highlight resources for reporting and spreading prevention and awareness. Whether you choose to report now, later, or not at all, this section exists to offer an option to help prevent future harm, especially if the offender may have hurt others.

Callisto: A confidential, encrypted platform designed to help survivors find out if their offender has assaulted others. (Serial/Repeat Offender) Submitting information is completely private, and you stay in control every step of the way. Nothing is reported automatically– you are not required to contact police, schools, or HR. Additionally, Callisto does not define/restrict sexual assault to any specific level, and there is no time limit/statue of limitations for submitting information. The platform is free for anyone with a .edu email (college students, alumni, and staff). <https://www.projectcallisto.org/>

Who Should Use Callisto:

- College students, alumni, or staff with a .edu email.
- Survivors who are unsure about reporting.
- People who want to prevent their offender from harming someone else.
- Survivors who believe they are not the only one.

Statistics On Serial Offenders:

- Studies show that up to 90% of sexual assaults on college campuses are committed by serial offenders.
- The average offender commits six assaults before being caught.
- Using/supporting Callisto can prevent future assaults by helping identify and stop repeat offenders.

How Callisto Works:

- 1.) You provide— through safe and encrypted means— where the assault happened, and what you know about your offender, such as social media handles, email, phone number, etc.
 - 2.) If someone else has entered or does enter the same offender, Callisto privately notifies both of you. Sharing your story is voluntary.
 - 3.) You can then meet with a confidential, trauma-informed advocate. You'll be shown legal, emotional, and safety options and resources. If both survivors agree, you can report together for increased impact — or simply support each other in healing.
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Other Resources:

Hope After Rape Conception (HARC)

- **Website:** hopeafterrapeconception.org
- **Services:**
 - Emotional And Spiritual Support
 - Connections To Mentors Who Have Been Through The Same Experience
 - Story-Sharing Opportunities And Connection
 - Advocacy For Protecting Rights Of Mothers In Legal Cases (especially regarding custody of children)

Rape, Abuse & Incest National Network (RAINN)

- **Website:** rainn.org
- **Hotline:** 1-800-656-HOPE (24/7 Anonymous Support)
- **Text & Chat Option:** rainn.org/chat
- **Services:** Connects survivors with local rape crisis centers. Can guide callers who are pregnant after rape toward both emotional support and practical resources— medical care, legal reporting, etc.

Lifeline for Survivors (Option Line)

- **Website:** optionline.org
- **Hotline:** 1-800-712-HELP
- **Text:** "HELPLINE" to 313131
- **Services:** Nationwide locator for pregnancy centers that include trauma-informed care and referrals for post-assault exams, crisis pregnancy support, and emergency housing.

ReproLegal Helpline – Parental Rights After Rape

- **Website:** reprolegalhelpline.org
- **Services:**
 - Legal Resources On Terminating Parental Rights Of Rapists
 - Guidance For States Where Women May Have To Fight For Custody Or Visitation Protection
 - Confidential And Trauma-Informed Legal Navigation

Give Her Wings

- **Website:** giveherwings.com
- **Overview:** A faith-based non-profit organization, primarily for women escaping domestic violence and abuse, but some aid offered to women impregnated by their abusers or traffickers.
- **Services:** Offers a comprehensive two-year support program.
 - **Emergency Financial Grants:** Immediate assistance to help mothers stabilize their living situations.
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 - **Spiritual Mentoring:** Faith-based guidance to support emotional and spiritual healing.
 - **Online Community:** A supportive network where mothers can connect and share experiences.
 - **Gift Packages:** Five special packages provided throughout the year to offer encouragement and meet practical needs.
 - **Food Pantry:** They run the *Pantry Fill Campaign*, an annual initiative to restock the pantries of mothers who have fled abusive situations, ensuring they have essential non-perishable foods and paper goods
 - **GHW Academy:** Offering training programs designed to educate church members, counselors, and community leaders on the dynamics of abuse.

Pregnancy And Fitness

Overview: Staying active during pregnancy can offer enormous benefits for both the mother and the developing baby. Exercise—when done safely and in moderation—can reduce complications, improve mental health, and prepare the body for labor and delivery. This section explains the importance of balancing fitness and safety, the benefits of prenatal exercise, and where to find reliable support and programs.

Statistics:

- Women Who Exercise At Least 3 Times Per Week During Pregnancy Report A 30% Reduction In Pregnancy-Related Fatigue
- Regular Prenatal Fitness Reduces Risk Of Gestational Diabetes By Up To 45%
- Active Pregnant Women Are 25% Less Likely To Need A Cesarean Delivery
- Babies Born To Exercising Mothers Have Measurable Health Advantages
 - *Healthier Birth Weight, Improved Cardiovascular Health, Enhanced Brain Development, Better Lung Maturity, Lower Risk Of Childhood Obesity*

Benefits:

- Reduces Back Pain
- Improves Posture
- Boosts Mood And Reduces Risk Of Prenatal Depression
- Increases Energy And Reduces Fatigue
- Helps With Healthy Weight Gain
- Lowers Risk Of Gestational Diabetes
- Improves Sleep Quality
- May Reduce Labor Time And Aid In Faster Postpartum Recovery
- Enhances Circulation And Reduces Swelling

Warning: Exercise during pregnancy isn't about pushing limits—it's about nurturing the body. There is no specific week or trimester when all pregnant women must stop exercising but adjustments are necessary as the pregnancy progresses. For most healthy pregnancies, physical activity can and should continue throughout all three trimesters, with modifications based on how the mother feels, medical guidance, and any pregnancy complications. In general, regardless of when in the pregnancy, if anything feels off, always listen to your body and consult with your healthcare provider before starting or continuing an exercise regimen. Some indications include:

- *Vaginal Bleeding, Dizziness, Faintness, Nausea, Chest Pain, Contractions, Abdominal Cramping, Fluid Leakage, Decreased Fetal Movement, Shortness Of Breath Outside Of Exercise, Heart Palpitations, Lasting Headaches, Excessive Muscle Weakness, Skewed Balance, Swelling, Calf Pain*
- In addition to those warning signs, physical activity should be stopped if you've been told that you have *placenta previa after 26 weeks, preterm labor or a history of it, incompetent cervix, preeclampsia, or hypertension*

Tips For Safe Pregnancy Workouts:

- Consult A Medical Professional To Determine What Is Best For You
- Stay Hydrated And Avoid Overheating
- Use Proper Support (Maternity Belts, Proper Footwear, Supportive Clothing)
- Keep Workouts To Mild-Moderate Intensity
- Focus On Breathing And Core Stabilization
- Avoid Contact Sports Or Blunt-Trauma Risk Activities
- Avoid Anything With Fall Risks Or Hazards
- Ensure Training Is Done In A Properly Temperature-Controlled Environment
- Avoid Lying Flat On Back After 1st Trimester
- Avoid Breath-Holding Exercises And Valsalva Maneuver¹
- Avoid Deep Twists And Intense Core Workouts
- Avoid Workout Environments With Harmful Substances Or Dangerous Exposure
- Stick To Low-Impact Activities. (*Walking, Swimming, Prenatal Yoga, Strength Training With Light Weights*) Heavy/Straining Workouts Can Increase Diastasis Recti Or Prolapse Risks

¹ ***A breathing technique where a person forcefully exhales against a closed airway, typically by taking a deep breath, holding it, closing the mouth and pinching the nose, and then bearing down.***

Further Resources:

- **FIT4MOM:** Community-based prenatal and postnatal fitness programs created by moms for moms. <https://fit4mom.com>
- **Prenatal Yoga Center:** In-person and online yoga, education, and support groups for pregnant and postnatal mothers. <https://prenatalyogacenter.com>
- **American College Of Obstetricians And Gynecologists:** A leading U.S.-based professional organization dedicated to improving women's health through education, advocacy, and clinical excellence in obstetrics and gynecology. Has information on pre, during, and post pregnancy exercise. <https://www.acog.org>
- **BirthFit:** Focuses on physical training and mindset for preconception, prenatal, and postpartum motherhood, along with miscarriage support, a podcast, fitness programs, courses, and other resources. <https://www.birthfit.com>