



Support Resources for Roe v. Wade

Websites for Managing Emotion during Roe v. Wade:

- <https://www.mhs-dbt.com/blog/wp-content/uploads/2017/03/Mindfulness-Exercises.pdf>
- <https://www.betterup.com/blog/emotional-regulation-skills>
- <https://www.goodtherapy.org/blog/phases-of-trauma-healing-part-i-establishing-safety/#:~:text=Establishing%20internal%20safety%20requires%20you,be%20Ogrown%20through%20and%20terminated.>
- <https://therapyinanutshell.com/skill-12-how-to-turn-off-the-fear-response-and-create-a-sense-of-safety/>
- <https://www.assp.org/news-and-articles/what-is-mindfulness-and-how-can-it-improve-safety>

Websites on Abortion in Illinois:

- <https://www.plannedparenthood.org/learn/abortion>
- <https://www.aclu-il.org/en/know-your-rights/know-your-rights-abortion-illinois>
- <https://www.guttmacher.org/fact-sheet/state-facts-about-abortion-illinois>
- <https://tinyurl.com/AbortionResourceKit>
- <https://static1.squarespace.com/static/5ee39ec764dbd7179cf1243c/t/6194235775f2a0615ea53cde/1637098383973/Decriminalize+Abortion>
- <https://www.newyorker.com/news/essay/how-black-feminists-defined-abortion-rights>



Books:

- New Handbook for a Post-Roe America: The Complete Guide to Abortion Legality, Access, and Practical Support by Robin Marty
- The Turnaway Study: Ten Years, a Thousand Women, and the Consequences of Having—or Being Denied—an Abortion by Diana Greene Foster
- No Real Choice: How Culture and Politics Matter for Reproductive Autonomy (Families in Focus) by Katrina Kimport
- Self-Care for Black Women: 150 Ways to Radically Accept & Prioritize Your Mind, Body, & Soul by Oludara Adeeyo
- Killing The Black Body: Race, Reproduction, and the Meaning of Liberty by Dorothy Roberts
- Undivided Rights: Women of Color Organizing for Reproductive Justice by Marlene Gerber Fried, Elena R. Gutiérrez, Jael Silliman, Loretta Ross
- My Body My Choice: The Fight for Abortion Rights by Robin Stevenson

Instagram:

@plannedparenthood

@ppact

@ppilinoisaction

@womensmarch

@reprorights

@chiforabortion

@thebraincoach

@emergeglobal

@nicabm_

@rewiretherapyorg

@chipublichealth

@yellowchaircollective

@sunotherapy

@abortionfunds

@impact

@folxhealth