



connect & breathe

an after-abortion nonjudgmental talkline

We understand.

Call Connect & Breathe to talk freely about your experience with abortion.

Call Us

If you have had an abortion, you are not alone.

At Connect & Breathe we know finding the right person to talk to after having had an abortion may be difficult. We are here to listen, whether your abortion occurred yesterday or years ago.

Call us. We can help.

1-866-647-1764

Talkline Hours



Mon: 7:00 pm - 10:00 pm ET

Tues: 6:00 pm - 9:00 pm ET

Thurs: 6:00 pm - 9:00 pm ET

Sat: 12:00 pm - 3:00 pm ET

Connect & Breathe serves people who have had abortions, and their partners, friends and family. We respect the cultural, social and religious beliefs of all our callers.

All calls are confidential.

Visit us online at:
connectandbreathe.org
for more information.

