

TAKE CARE

A ZINE FOR TEXANS
WHO TRAVELED TO
ACCESS CARE



THIS ZINE WAS MADE FOR:



AS YOU JOURNEY THROUGH THE PAGES OF
THIS ZINE, MAY IT REMIND YOU THAT:

YOU ARE CARED FOR AND SUPPORTED IN YOUR DECISION!

YOU ARE COURAGEOUS!

YOU ARE NOT ALONE!





Hello Traveler,

Welcome to the Lilith Fund Take Care zine! We are so glad to get to be here with you. We hope this zine brings some comfort and support during your journey home and whatever lies ahead.


We understand the recent SCOTUS decision, which overturned federal protections for abortion, was devastating and brought new challenges to our community. We want to be clear that we are still here, and we want to do whatever we can to support you!!

At Lilith Fund, we want to provide community care that is in line with our values and helps us work towards a world where reproductive justice (the right to have or not have children and parent the children we have in safe and sustainable communities) is a reality for everyone.

Self-care is necessary for community care, and the two together are a powerful combination for strengthening movements and creating change!



YOU'LL SEE THIS STOP LIGHT THROUGHOUT THE ZINE.
IT'S A PIT STOP, WHICH INCLUDES TIPS,
AFFIRMATIONS & MORE!



On that note, we wanted to provide a toolkit to help you practice self-care. What is self-care? In short, it is the things we do and don't do that allow us to take care of ourselves. Self-care looks different for everyone, so we hope this toolkit helps you plan for and tend to your needs in the best ways possible. You deserve it.

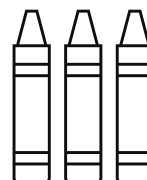
In this zine, you will find resources, tips, information on what to expect post-pregnancy, information, loving reminders to care for yourself, space to journal and draw, and more!

This zine can be read from front to back, or you can feel free to skip around to the pages that stand out to you. You can also view an extended, virtual zine online at:

<https://bit.ly/virtualzine>
(*case-sensitive)

Ultimately, we hope this serves as a reminder that there is a whole community of people who care about you and are here for you! We know things may be difficult, but we hope you know that we will never stop fighting for a world where reproductive justice is a reality for everyone & that you're not alone!

In solidarity,
Lilith Fund



P.S. - THIS ZINE
WAS DESIGNED TO
BE COLORED IN!
HAVE FUN :)



We believe that people who have had abortions should be leaders in the movement for abortion access and reproductive justice. That's why we launched RISE.

This program represents what we hope people find when they become part of it – a place to Resist, Ignite, Support, and Engage! RISE provides opportunities for advocacy, movement-building, connection with others committed to this work, and aftercare support for people who have had one or more abortions. It is a space we are building together that offers a supportive community for healing, storytelling, and collective learning. RISE is a community working together to shape policy, organize, and create advocacy strategies to build the movement for reproductive justice.

If you would like more information on how to get involved, email rise@lilithfund.org.

— HOW ANTI ABORTION LAWS HAPPENED

If you're reading this, you might be rightfully frustrated that you were forced to travel great distances to get abortion care from a medical provider. This is because anti-abortion officials have passed laws in Texas and other states that limit or ban abortion care.

Most recently, the Supreme Court of the United States overturned national protections for abortion that had been in place for nearly 50 years, allowing states like Texas to create more abortion restrictions than ever, including outright bans.

In Texas, Senate Bill 8 has been in effect since September 2021, and it bans abortions after about six weeks. Since the Supreme Court decision, anti-abortion officials in Texas and other states in the South have also pushed total abortion ban laws into effect.

Anti-abortion politicians are trying to control people's lives and bodies, but we're fighting back. You can join the larger movement to push back on abortion restrictions by sharing information in your own circles about how people can access abortion through the Texas Abortion Hype Squad. Join us by emailing squad@lilithfund.org. You can also get involved with RISE if you want to get involved with storytelling or connecting to other folks in Texas who have had abortions—see the previous page for more information!



PACKING LIST

HEADED HOME? HERE ARE SOME ITEMS
YOU'LL WANT TO HAVE WITH YOU.



- ☐ IDENTIFICATION CARD
- ☐ APPOINTMENT INFO/DOCUMENTS
- ☐ WALLET
- ☐ WATER
- ☐ SNACKS
- ☐ PHONE/PHONE CHARGER
- ☐ HEADPHONES
- ☐ TOILETRIES
- ☐ TRAVEL PILLOW/BLANKET
- ☐ TYLENOL
- ☐ HEATING PAD
- ☐ MENSTRUAL PADS/UNDERWEAR
- ☐ KEYS - HOME, CAR, ETC.
- ☐ COMFORTABLE CLOTHES-LIGHT LAYERS
- ☐ FACE MASKS
- ☐ HAND SANITIZER
- ☐ DISINFECTANT WIPES
- ☐ DAILY MEDICATIONS/SUPPLEMENTS
- ☐
- ☐
- ☐
- ☐
- ☐



YOU'VE GOT THIS! TAKE A MOMENT TO BREATHE!
INHALE FOR A COUNT OF 4 - HOLD FOR A COUNT OF
4 -EXHALE FOR A COUNT OF 4. REPEAT.

YOUR POST-PREGNANCY BODY

Note: This is not medical advice.
Please contact your doctor with any questions/concerns.

WHAT TO EXPECT

HORMONAL CHANGES
CAUSING MOOD SWINGS
& LOW MOOD

VAGINAL DISCHARGE &
BLEEDING FOR 1-6 WEEKS

CRAMPING &
CHEST TENDERNESS

YOUR PERIOD SHOULD
RETURN TO NORMAL IN
4-8 WEEKS

WHEN TO SEEK MEDICAL ADVICE

THOUGHTS OF HARMING
YOURSELF OR OTHERS

MOOD CHANGES EXTEND
BEYOND 2 WEEKS

SOAKING THROUGH A PAD
IN 1 HOUR OR LESS

PAIN THAT DOES NOT GET
BETTER WITH OVER-THE-
COUNTER PAIN MANAGEMENT

FEVER OVER 100.4 F

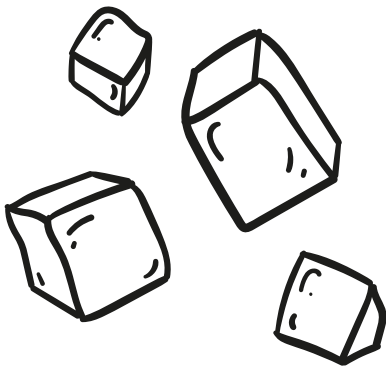
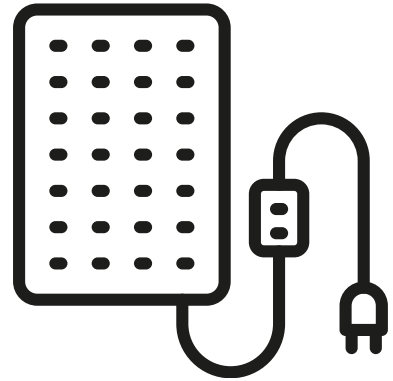
TIP: TAKE A SLOW WALK DAILY FOR 15 MINUTES
LISTEN TO YOUR BODY -
IF PAIN OR BLEEDING INCREASES, REST!



POST-ABORTION COMFORTS

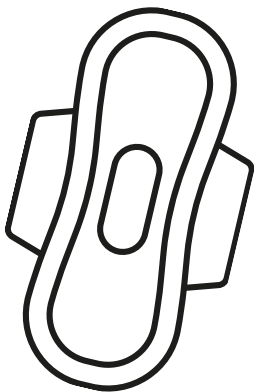
Here are some items that may bring you comfort during this time.

HEATING PAD FOR CRAMPING



ICE PACK FOR SORENESS

OVER-THE-COUNTER PAIN MEDICATION
(LIKE TYLENOL OR ADVIL)



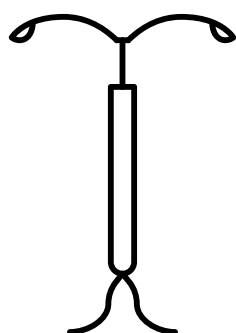
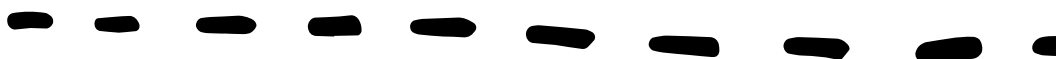
PADS/ADULT DIAPERS/PERIOD UNDERWEAR



*PRACTICE: LIST 5 ACTIVITIES OR
THINGS THAT BRING YOU COMFORT!

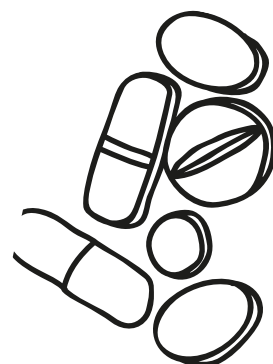


Lilith Fund works with clinics in Texas and across the South and can help you pay for non-abortion reproductive healthcare services like ultrasounds, emergency contraception, birth control pills, IUDs, pregnancy tests, gender-affirming care, and more! Visit LilithFund.org for more information!



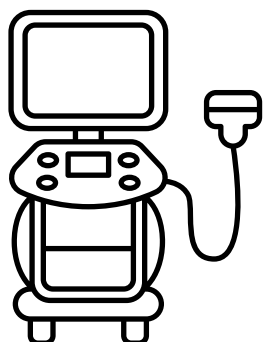
IUDS

An intrauterine device (IUD) is a little, t-shaped device that is inserted into the uterus to prevent pregnancy.



EMERGENCY CONTRACEPTION

Emergency contraception prevents pregnancy before it starts! Plan B and Ella are examples of emergency contraception, and there are many different types. You can talk to a healthcare professional to find the option that is best for you!



ULTRASOUNDS

It is not necessary to have an ultrasound after an abortion, but by having an ultrasound, you can determine whether the pregnancy has been successfully ended.



ADDITIONAL RESOURCES

INEEDANA.COM

CLINIC & ABORTION ACCESS SUPPORT

IF/WHEN/HOW

REPRO LEGAL HOTLINE

844-868-2812

EXHALE PRO-VOICE

POST-ABORTION TALKLINE

617-749-2948

M + A HOTLINE

MISCARRIAGE & ABORTION HOTLINE

833-246-2632

REPROCARE SUPPORT

ABORTION HOTLINE

(833) 226-7821

NATIONAL ABORTION FEDERATION

NATIONAL ABORTION FUNDING - PROCHOICE.ORG

800-772-9100

NATIONAL NETWORK OF ABORTION FUNDS

ABORTION FUND INFO - ABORTIONFUNDS.ORG

ALL-OPTIONS PREGNANCY RESOURCE CENTER

PREGNANCY INFORMATION & COUNSELING

888-493-0092

WE TESTIFY

ABORTION STORYTELLING - WETESTIFY.ORG

APIARY FOR PRACTICAL SUPPORT

PRACTICAL SUPPORT - APIARYPS.ORG

TEXAS ABORTION ACCESS ORGANIZATIONS

AFIYA CENTER 

BUCKLE BUNNIES 

FRONTERA FUND 

LILITH FUND 

TEXAS EQUAL ACCESS FUND 

WEST FUND 

FUND TEXAS CHOICE 

BRIDGE COLLECTIVE 

CLINIC ACCESS SUPPORT NETWORK 

JANE'S DUE PROCESS 



FUND



PRACTICAL SUPPORT

GENERAL RESOURCES

ESSENTIAL COMMUNITY SERVICES

DIAL 211

NATIONAL DOMESTIC VIOLENCE HOTLINE

1-800-799-SAFE (1-800-799-7233)

NATIONAL SEXUAL ASSAULT HOTLINE

1-800-656-4673

NATIONAL SUICIDE PREVENTION LIFELINE

988

CRISIS TEXTLINE

TEXT HOME TO 741741

FUELING STATION

Here are some simple meal ideas to help you on your way. These recipes can be prepped ahead of time and should be easy to eat while traveling. You can view full recipes in the virtual zine at bit.ly/virtualzine !

BREAKFAST

YOGURT W/ BERRIES

OATMEAL W/ FRUIT

AVOCADO TOAST

OMELETTE W/ TOAST

LUNCH

SALAD W/ CHICKEN OR TOFU

EGG SALAD SANDWICH

FRIED RICE W/ VEGGIES

LENTIL SOUP

DINNER

BURRITO BOWLS

SALMON W/ VEGGIES

RICE & BEANS

VEGETABLE STEW W/ PROTEIN



STAYING HYDRATED AND EATING NUTRITIOUS MEALS IS AN IMPORTANT PART OF THE RECOVERY PROCESS, AND YOU CAN ALSO STILL HAVE THE TREATS YOU LOVE; BOTH ARE ACTS OF SELF-CARE!

SNACKS

PROTEIN SMOOTHIE

FRESH FRUIT & CHEESE PLATTER

MIXED NUTS

PEANUT BUTTER TOAST

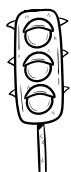
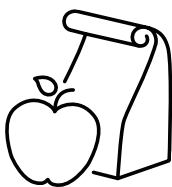
DRINKS

RED RASPBERRY LEAF TEA

LEMON BALM TEA

GATORADE

WATER!!!



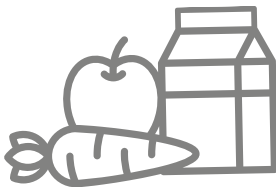
ORDERING FOOD OR ACCEPTING MEALS FROM LOVED ONES IS A GREAT WAY TO TAKE CARE OF YOURSELF!



TAKING CARE

Self-care is taking action to protect and improve one's well-being, happiness & health! Below are some of the types of self-care & recommended self-care practices!

PHYSICAL



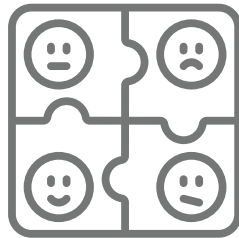
- DRINKING WATER
- EATING A NUTRITIOUS MEAL
- RESTING / TAKE BREAKS
- MOVE YOUR BODY
- TAKE A SHOWER OR BATH



REMEMBER: SELF-CARE ISN'T SELFISH.
INSTEAD, IT ALLOWS US TO
BETTER CARE FOR OTHERS!

EMOTIONAL

- JOURNALING
- COUNSELING
- AFFIRMATIONS
- MINDFULNESS PRACTICES
- SPENDING TIME WITH LOVED ONES



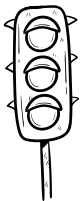
SOCIAL

- BALANCING ALONE TIME AND TIME WITH OTHERS
- JOINING SUPPORTIVE COMMUNITIES
- SETTING BOUNDARIES
- CONNECTING WITH FRIENDS
- PLAYING



You can find more self-care tips In our online zine at:

<https://bit.ly/virtualzine> *case-sensitive*



AFFIRMATION: I MAKE THE RIGHT CHOICES FOR
MYSELF AND MY FUTURE!

MENTAL

- BE IN NATURE
- LIGHT A CANDLE
- GO TO YOUR PLACE OF WORSHIP
- SEEK OUT SPIRITUAL ADVISORS
- CREATE AN ALTER OR MEMORIAL
IN YOUR HOME

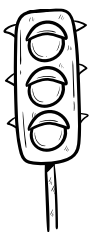


SPIRITUAL

- MEDIATING
- READING
- PRACTICING GRATITUDE
- LEARNING SOMETHING NEW
- DOING SOMETHING CREATIVE



LET'S TRY A GROUNDING PRACTICE! GROUNDING PRACTICES HELP US RETURN TO THE
PRESENT MOMENT, REDUCE STRESS, AND CULTIVATE CALMNESS!
IDENTIFY: 5 THINGS YOU CAN SEE 4 THINGS YOU CAN TOUCH 3 THINGS YOU CAN HEAR 2
THINGS YOU CAN SMELL 1 THING YOU CAN TASTE TAKE A DEEP BREATH!
REPEAT AS NEEDED.



This image shows a blank sheet of white paper with horizontal blue lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



WHAT FIVE THINGS BRING ME JOY?



SCAN THE CODE BELOW FOR MORE
RESOURCES AND INFORMATION IN
OUR VIRTUAL ZINE!



<https://bit.ly/virtualzine>

LILITHFUND.ORG

INFO@LILITHFUND.ORG

ENGLISH HOTLINE: 1-877-659-4304

SPANISH HOTLINE: 1-877-355-1461



@LILITHFUND

NEEDABORTION.ORG