

# Abortion Doulas

A professional doula can offer one-on-one education and support through abortion, miscarriage, pregnancy, labor, cesarean section, postpartum experiences, and more. Some doulas specialize in certain areas, such as fertility awareness, conception, LGBTQIA+ support, vaginal birth after a cesarean, bereavement, etc.

Professional doulas are **widely recognized** as important members of pregnancy healthcare teams. Doulas maintain confidentiality. Doulas do not provide medical care or advice.

## Abortion Doulas or Companions

An abortion doula or companion can provide confidential support before, during, and after your abortion. A doula can support you as you navigate feelings, options, and logistics around abortion. A doula does not make decisions or speak for you but can help you communicate and collaborate as needed.

The Covid-19 pandemic has resulted in changes in the roles and involvement of support people in clinics. When you call a clinic to make your first appointment, ask about the role of doulas and support people.

Typically, a doula or other support person may be with you during an in-clinic abortion and through recovery, if you desire that. An abortion doula can accompany you to and from appointments. If you choose to have a pill abortion at home, a doula can support you throughout that process. Doulas and companions are available to listen and support, as well as to assist you physically and logistically when and where possible.

## ***Where can I find an abortion doula or companion?***

When you google doulas in your area, look for doulas who call themselves “full-spectrum” or “full-circle”. They may offer abortion as well as birth support. You can also contact birth doulas and ask if they offer abortion support – many do offer this service but do not advertise it specifically.

POWERS is in contact with many full-spectrum and abortion doulas and companions around Wisconsin and just across the border. If you would like help in finding an abortion doula or companion, feel free to contact us at 608-514-1714.

## ***How much do abortion doulas cost?***

Fees charged by abortion doulas and companions vary and depend on whether services are virtual or in-person. Some doulas and companions offer payment plans, sliding-fee scales, or volunteer services in certain circumstances.