Around half of all countries do not explicitly permit abortion on the grounds of incest. Governments are increasing women and girls’ suffering by lifting time limits and additional requirements in cases of rape or other trauma, which only add to the distress of survivors of sexual violence. 13 countries do not legally permit women to access abortion care on the grounds of rape. When her health is severely endangered, in 18 countries she can still be coerced to continue the pregnancy. When pregnancy endangers her life, a woman can be forced to continue the pregnancy by a doctor’s decision. 14 countries force women to undergo medically unnecessary waiting periods. 23 countries force women to undergo mandatory counselling, even when they don’t want it. 11 countries are placing women in serious danger by allowing health workers to deny care on the basis of their personal beliefs or convenience. 29 countries force women or girls to undergo additional checks to access care in cases of rape, adding unnecessary obstacles to their existing trauma. Governments are forcing women to overcome arbitrary hurdles. When her health is seriously endangered, a woman can still be coerced to continue the pregnancy. Lift arbitrary and painful hurdles and recognize the life and health of women legally transcends individual doctor beliefs. Governments and the international community should work to safeguard the right of women and girls to lead free and safe reproductive lives without discrimination and coercion. Access to abortion care underpins women and girls’ reproductive health. And yet across Europe and Central Asia, they are faced with obstacles that threaten their safety, dignity and freedom. Governments are increasing women and girls’ suffering by lifting time limits and additional requirements in cases of rape or other trauma, which only add to the distress of survivors of sexual violence. Governments are recklessly ignoring danger to health and life by denying abortion care. Govt is in case of life-threatening situations is essential care. It’s a healthcare matter. Governments are forcing women to overcome arbitrary hurdles. 13 countries do not legally permit abortion on the grounds of rape. 14 countries force women to undergo medically unnecessary waiting periods. 23 countries force women to undergo mandatory counselling, even when they don’t want it. 11 countries are placing women in serious danger by allowing health workers to deny care on the basis of their personal beliefs or convenience. 29 countries force women or girls to undergo additional checks to access care in cases of rape, adding unnecessary obstacles to their existing trauma. Governments are forcing women to overcome arbitrary hurdles. When her health is seriously endangered, a woman can still be coerced to continue the pregnancy. Lift arbitrary and painful hurdles and recognise the life and health of women legally transcends individual doctor beliefs. Governments and the international community should work to safeguard the right of women and girls to lead free and safe reproductive lives without discrimination and coercion.