

Talk to someone

Talking with someone who isn't involved emotionally with your situation, in a confidential environment, can help you look at all the information and your deeper feelings and provide you with the support you need.

Further help is available for you:

- You can ring our National Helpline to speak to a fully trained Advisor **0300 4000 999**. They can also give you details of your local Centre where you can see an Advisor and receive support.
- You can scan the **QR** code with your Smartphone for further information or visit **www.careconfidential.com** and be in touch with an Advisor using the Online Advisor service.



Support Following Abortion

If you need a larger print version of this leaflet please contact CareConfidential.

© CareConfidential

Registered Charity No. 1141673

Scottish Charity No. SC042633

Product Code L002V.1

Issued 2012, planned review within three years.

The evidence sources for this leaflet can be accessed by visiting:

sevidence.careconfidential.com



We are not able to refer directly for termination. We offer clients information on all the options and are well resourced to provide both immediate and long-term support as necessary, directing to other agencies as appropriate.

Support following Abortion

One in three pregnancies end in abortion. When facing an unintended pregnancy, many women feel there is no alternative.

Circumstances can seem overwhelming and there is often lack of support at this time.

Following an abortion women vary in their responses to the experience. Some women may feel a sense of relief, but later may have a mixture of positive and negative reactions such as the following:

Positive Reactions:

- Relief
- Happiness

Negative Reactions:

- Sadness
- Regret
- Loss

In some women these negative reactions can lead to:

- Depression
- Anxiety
- Low self-worth

Many women feel their decision to have an abortion was right, but some women feel they made the wrong decision for them and try to bury their negative emotions which may lead to periods of depression.

Some women may keep their abortion a secret as they may fear being judged or misunderstood. Partners too, can sometimes need emotional support and are unsure how to react.

If you are struggling following an abortion, help is available.

Coming to terms with mixed emotions following an abortion is possible.

Many women have already been helped to come to terms with their decision to have an abortion, either with one-to-one counselling or in a group, using a post-abortion support programme called 'The Journey'.

Personal testimony

'I have been able to come to terms with my loss. The sting of the past has been taken away and I feel I can hold up my head again.'