

## 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.



# The PCC

*The Pregnancy Choices Centre*

# Support Following Abortion

**Interested to know more about The PCC:  
Joices Yard Basingstoke Hampshire RG21 7DY**

Arrange a visit to The PCC and The Safe - Invite us to visit your establishment or local group to talk about the vision for the work.

Call us on [01256 460100](tel:01256460100)

Call or text mobile [07973738861](tel:07973738861)

email [enquiries@basingstokepcc.org.uk](mailto:enquiries@basingstokepcc.org.uk)

or visit our website [www.basingstokepcc.org.uk](http://www.basingstokepcc.org.uk)



## The PCC

*The Pregnancy Choices Centre*

Registered Charity No. 1145103 Company no. 7824324



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# 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:

## 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'.

