

# There is Hope and Healing After Abortion

Abortion hurts women emotionally, physically, and spiritually.

## SGF's story:

*"I expected a sense of relief that never came. All I felt was an immediate and gut-wrenching regret I live with every day."*



If you or someone you love is suffering from any of the below after having an abortion, there is hope available through post-abortion recovery programs and resources.

Intense fear & anxiety

Feelings of helplessness

A sense of loss of control

Emotionally disconnected

Difficulty with recall

Anger or Rage

Remorse or No recollection

Aggressive behavior

Avoidance of children

Withdrawn

Distant with children

Vivid dreams, nightmares

Guilt, Grief, Pain

Depressed, Irritable

Insomnia

Sexual dysfunction

Drug & Alcohol abuse

Suicidal ideation

## Post-Abortion Recovery Resources:

[hopeafterabortion.com](http://hopeafterabortion.com)

[focusonthefamily.org](http://focusonthefamily.org)

[saveone.org](http://saveone.org)

[supportafterabortion.com](http://supportafterabortion.com)

