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
- Agressive behavior
- Avoidance of children
- Withdrawn
- Suicidal ideation
- Distant with children
- Vivid dreams, nightmares

**Post-Abortion Recovery Resources:**

- hopeafterabortion.com
- focusonthefamily.org
- saveone.org
- supportafterabortion.com

You are not alone