

Whole Heart

Abortion Recovery Services



There is healing after an abortion.
www.carenetdane.org

Do you question if you, or someone you love, may be dealing with post-abortion stress?

Post-abortion stress is the inability to process the emotions accompanying one's abortion decision and experience. Women who felt pressured into having an abortion, or uncertain or uninformed about their alternatives, may be at risk for developing post-abortion stress.

Ask yourself, "Am I..."

- Frequently thinking about the abortion
- Feeling guilt, regret
- Depressed
- Emotionally numb
- Experiencing sleeplessness, nightmares or flashbacks
- Unable to forgive myself or others involved in the abortion
- Developing eating disorders or a dependence on drugs or alcohol
- Angry at those responsible for my pregnancy or abortion
- Anxious over fertility & childbearing issues
- Especially sad on the anniversary of the baby's due date or date of the abortion
- Experiencing intense grief or sadness
- Fearful of God's punishment
- Having suicidal thoughts or impulses

If you've answered yes to one or more of these questions, Whole Heart can help. Support is available for women, men, grandparents and siblings. We encourage you to contact us today.

Help

Hope

Healing

CARE  NET[®]

Pregnancy Center of Dane County

1350 MacArthur Road

608-259-1605

Madison, WI 53714

1-800-395-HELP

www.carenetdane.org