

# There is Hope After Abortion

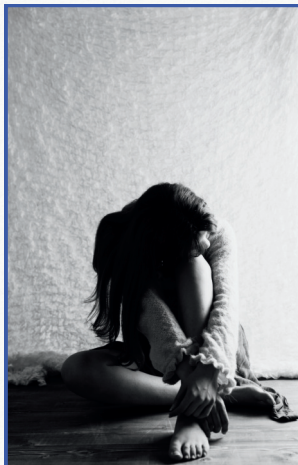
Abortion leaves lasting scars that go far beyond the physical. Many women experience deep emotional wounds, grappling with grief, regret, and depression long after the procedure.



*"I walked into that clinic thinking I was strong. I walked out shattered, and I'm still picking up the pieces."*

- Heavy bleeding or hemorrhaging
- Severe abdominal pain or cramping
- Infection or sepsis
- Nausea and vomiting
- Damage to the uterus or cervix
- Immediate feelings of guilt or shame
- Intense sadness or crying spells
- Anxiety or panic attacks
- Sleep disturbances or nightmares
- Emotional numbness or detachment

SHORT-TERM  
SIDE-EFFECTS



*"No one told me the emptiness would echo for years—my arms ache for the child I never held."*

- Increased Risk of Preterm Birth in Future Pregnancies
- Higher Risk of Breast Cancer
- Chronic Pelvic Pain
- Depression and Anxiety
- Substance Abuse
- Suicidal Thoughts and Behavior
- Difficulty Bonding with Future Children
- Increased Risk of Future Miscarriage
- Lingering Feelings of Guilt, Shame, and Regret

LONG-TERM  
SIDE-EFFECTS



## *Post-Abortive Recovery Resources:*

- Contact: [rachelsvineyard.org](http://rachelsvineyard.org) (1-877-467-3463)
- Contact: [supportafterabortion.com](http://supportafterabortion.com)
- Contact: [silentnomoreawareness.org](http://silentnomoreawareness.org)
- Contact: [hopeafterabortion.com](http://hopeafterabortion.com)
- Contact: [saveone.org](http://saveone.org)
- Contact: [saveoneafterabortion.com](http://saveoneafterabortion.com)
- Contact: [optionline.org](http://optionline.org)

THERE IS HELP AND HOPE

## You Are Not Alone

Healing is possible, and there is hope for a future filled with peace and forgiveness.

