

## Getting support to move forward

If, following an abortion, you feel overwhelmed by strong emotions, find yourself going over and over the experience, or struggling to find balance, you might find it helpful to talk with one of our counsellors.

Our counselling service is free, confidential, and staffed by tertiary qualified professionals.

*"They listened.  
They did not judge."*

- post abortion counselling client.

For support after an abortion, our counselling team is available Monday to Friday.

advocacy@  
childrenbychoice.org.au

1800 177 725  
free call Queensland wide

CHILDREN BY CHOICE  
ASSOCIATION INCORPORATED  
www.childrenbychoice.org.au

after an  
abortion

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A woman's decision to have an abortion can vary from being really straightforward to very challenging.

When considering an unplanned or unwanted pregnancy, women make the best decision they can for their lives based on what they know and understand at the time.

There is no right or wrong way to feel after an abortion, and no right or wrong way to move forward with it.

## In moving forward it might be helpful to . . .

**Remember** that after an abortion your body goes through a number of changes. The impact of medications and hormonal shifts can contribute to your feelings for up to three or four weeks afterwards.

**Acknowledge** what you have let go of and what this could make possible for your future - for example, "I ended the pregnancy so I can be a better mother to the children I already have" or "I ended the pregnancy to enable me to finish my studies".

**Explore** new understandings you have gained from your experience that add to your life wisdom - for example, "This experience has uncovered strengths I did not know I had".

**Share** your experiences with someone you trust. With approximately one in three women having a abortion at some stage in their lives, you may find others close to you whose experiences will support you in moving forward.

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