

# MEN AND ABORTION

A silhouette of a man stands on a beach, looking out at the ocean under a sunset sky. The scene is overlaid with a large, faint, stylized graphic of a circle and a cross, similar to the logo of the organization mentioned in the text.

AN INFORMATION LEAFLET BY CHOICES. ABERDEEN

# MEN AND ABORTION

Choosing to have an abortion is often viewed as a women's issue with little pre or post abortion counselling offered to men. There is, perhaps, an expectation from society for men to keep a lid on their emotions as they try to support women dealing with the distress of a pregnancy crisis. Keeping down unexpressed feelings, may cause conflict and confusion, and some men distance themselves from their partner and/or situation.

## AFTERWARDS

Men may have upsetting thoughts over an abortion accompanied by feelings of uneasiness along with the initial response of relief. For some men frequent feelings of sadness and loss may be pushed down inside as they become aware of the nature of their loss.

The opportunity to talk honestly about their feelings with someone who understands the issues surrounding an abortion, helps most men process their emotions and handle things better.

## CHOICES OFFERS A RANGE OF SERVICES:

- Online counselling
- Telephone counselling
- One-to-one sessions

To talk to someone today, please call: 01224 624900  
or email [mail@choicesaberdeen.org.uk](mailto:mail@choicesaberdeen.org.uk)

## RESOURCES

- 1 [abortionrecoveryinternational.org](http://abortionrecoveryinternational.org) (MEN'S LINK)
- 2 [rachelsvineyard.org](http://rachelsvineyard.org) (Men and Abortion)
- 3 [www.menandabortion.com](http://www.menandabortion.com) (Reclaiming Fatherhood)
- 4 *Peace Psychology Perspectives on Abortion* by C Coyle 2016 (BOOK)
- 5 *Men and Abortion: Finding Healing, Restoring Hope* by C Coyle (FREE DOWNLOAD OF BOOK AVAILABLE)



aberdeen

*Promoting and Supporting Positive Relationships*

**01224 624900**

**mail@choicesaberdeen.org.uk**

**Credo Building | 14-20 John Street | Aberdeen | AB25 1BT**

**[www.choicesaberdeen.org.uk](http://www.choicesaberdeen.org.uk)**

Scottish Registered Charity SC037472 | Limited Company 307363