

A Compassionate Response to Those Struggling with Abortion Issues



AN INFORMATION LEAFLET BY CHOICES. ABERDEEN

Abortion & Emotional Wellbeing

In the days and nights following recognition of an unplanned pregnancy complex emotions such as fear, confusion, anger, blame, conflict or being torn in two are experienced by many women. Others experience feelings of isolation, shame, or anxiety. Time pressures and what other people think are two of the main factors that can heavily influence women facing this predicament.

For some women, the exchange of circumstances from a pregnancy crisis to the experience of an abortion can be a roller coaster of niggling thoughts and troubling emotions. Some women may struggle with grief, loneliness, anxiety, sadness or anger. Moral or spiritual beliefs can also impact our thoughts and emotions at this time or even years later when we may be at a different stage of life. Questions about life, death and the purpose

for living may all create turmoil and pain, impacting on our mental health.

Keeping our experience to ourselves may be damaging to our psychological wellbeing. At these times having a trustworthy friend to share our struggles and stories with can help us find solace and sometimes peace of mind. Choices Aberdeen can be a source of help and support. Choices Aberdeen offers support in our counselling, therapeutic listening service to give you time and space to think about the different options that may be available to you. Being able to share your thoughts and emotions in a supportive, non-judgemental environment can allow you to consider all the options that may be available.

If you have had an abortion and are now struggling with complex thoughts and emotions, (even after many years), it can be helpful to discuss your feelings with someone who understands what you are going through and who is not part of your regular network of friends and family. Choices can offer support in our counselling and therapeutic listening services.

Choices offers a range of services in supporting emotional wellbeing:

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

To talk to someone today, call: 01224 624900 or email mail@choicesaberdeen.org.uk

www.choicesaberdeen.org.uk



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Promoting and Supporting Positive Relationships

Choices offers counselling support as you consider your options when facing an unplanned pregnancy as well as post abortion counselling if you are experiencing anxiety and other difficult emotions.

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