

# THIS ISN'T MY FIRST ABORTION

About half of us who are having an abortion have already had one or more. Ovulation (the release of an egg) can happen up to 400 times in a lifetime. That is a lot of times when it is possible to get pregnant!

## A MATTER OF BIOLOGY

The sperm and egg come together if they can – that's just biology. This can happen regardless of whether you are ready, want or are able to have a(nother) baby; whether the other person involved is someone you trust, love, and want to parent with; whether you are healthy enough, and whether the situation is a good one. And it can happen whether or not you have already had abortions.

## COMPASSION FOR OURSELVES

We are often our own hardest critics but the truth is that we are all human! All of us can do in life is to handle what is in front of us the best we can and make the best choices we can. Pregnancy can transform your life in countless ways. At different moments in your life, you may experience pregnancy differently. No one knows your life better than you do. We know you are the best judge of when – or if – you become a parent.

**For more information, please visit [2plusabortions.com](https://2plusabortions.com) and [abortionconversationprojects.org](https://abortionconversationprojects.org)**

Adapted from handout produced by Abortion Conversation Projects with gratitude to 2+ Abortions Worldwide.

## Post-Abortion Counseling

Hope Clinic has a team of social workers and peer educators who work to provide the patients we serve with high-quality emotional abortion care.

For those who live within the St. Louis Region or who are Illinois residents, we are able to offer psychotherapy and counseling services with a licensed mental health provider who specializes in complex abortion care.

Telehealth services available for Illinois residents.

If you need to talk about feelings that are coming up for you after an abortion you are always welcome to reach out to Hope Clinic for support. We also have additional literature and resources we are happy to share with you.

Visit [HopeClinic.com](https://HopeClinic.com) or call [618-451-5722](tel:618-451-5722) to learn more.

## If you're feeling guilty or ashamed –

Life is a continual growing process. The best any of us can do is to learn from our experiences.

It's okay to be imperfect.  
Perfection is an impossible standard.

We wouldn't expect it from others, so why do we expect it from ourselves?

You are enough just as you are. You are smart.  
You are capable. You are worthy of love and happiness.



# Resources for Support After an Abortion

For some people, the decision to have an abortion is a really complicated one. For others, the decision is much easier. Whatever your circumstances, your reasons for needing an abortion are valid.

You deserve love, respect, and compassion.  
No one knows your life and your needs as well as you do.  
Trust yourself to make good decisions, you are more than capable of doing so.



From our experience as abortion providers, and from research, we know that most people find themselves feeling relieved after having an abortion. However, there is no right or wrong way to feel about your experience with pregnancy or abortion.

## All-Options Talkline

All-Options is a trusted resource for pregnancy options counseling and support before, during, and after abortion, pregnancy loss, adoption, infertility, and parenting.

call toll-free

**1-888-493-0092**

For more information, please visit [all-options.org](https://all-options.org)

## Did you know?

1 in 4 US women (and an unknown number of trans and non-binary people) have abortions by age 45.

You are not alone.

[ShoutYourAbortion.com](https://ShoutYourAbortion.com) and [WeTestify.org](https://WeTestify.org) are dedicated storytelling organizations where people share their experiences with abortion.

## Abortion Resolution Workbook

A guide for those seeking emotional and spiritual resolution following abortion.



Available at [PREGNANCYOPTIONS.INFO](https://PREGNANCYOPTIONS.INFO)

## Faith Aloud

People of every religious denomination need and have abortions.

Need compassionate, unbiased spiritual counseling for abortion and pregnancy options?

call toll-free

**1-888-717-5010**

For more information, please visit [faithaloud.org](https://faithaloud.org)