

Choice in Health Clinic  
647 370-3203  
416 975-9300  
choiceinhealth.ca

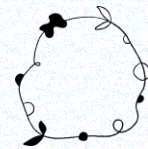
## Taking Care of Yourself Emotionally

You can be kind to yourself after an abortion. Clients can have a big range of feelings about their experience. What can you do to take care of yourself?

Here are some ideas:

Physical pain might make it harder to deal with emotions. You may want to:

- treat your pain
- rest and relax when you can
- try not push yourself too hard



It can take a few weeks for your body to clear the pregnancy hormone out of your system after an abortion; this is also true after miscarriage or delivery. The pregnancy hormone might be partly responsible if you feel moody or depressed or have other strong feelings. If these feelings haven't gotten better in a few weeks you may want to talk to someone you trust. Some good people might be:

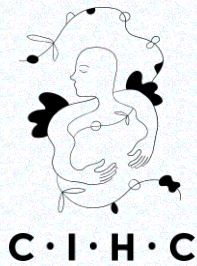
- Choice in Health Clinic therapist
- professional non-judgemental support such as a doctor, counsellor, therapist
- Talk and textlines for post-abortion support (see information on back)
- a religious leader or spiritual guide
- a trusted friend or family member

Look out for yourself, and take care of yourself. Be honest with yourself if you have crossed your own limits. These are some things you may want to watch out for:

- a change in your alcohol or drug use
- isolating yourself
- harming or punishing yourself
- spending too much money
- sleeping more or less than usual
- taking risks you don't usually take
- a change in your eating habits

Make time to do something that makes you feel good. You might want to:

- treat yourself to a movie
- listen to your favourite music
- be with your loved ones
- meditate or pray
- have sex (when you feel ready)
- write in a journal
- visit a favourite place
- play sports, do yoga, or exercise
- indulge in a favourite food or drink
- pamper yourself
- read a favourite book or magazine
- be artistic or creative



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## At Choice in Health Clinic

We offer free, non-judgmental counselling. A health card is not required. Call 647 370-3203 to make an appointment to speak by phone with a qualified psychotherapist who is caring and informative.

## Additional Counselling and Phone Support

[www.connectandbreathe.org](http://www.connectandbreathe.org) **Connect and Breathe** is an after-abortion non-judgemental talkline to talk freely about your experience with abortion. Also serves partners, friends, and family, and offers online resources. Call 1-866-647-1764 Tu-Thurs 6-9pm, Sa 10-2pm

[www.exhaleprovoice.org](http://www.exhaleprovoice.org) **Exhale Textline** provides non-judgmental after-abortion support through text. Also serves partners, friends, and family, and offers online resources. Text 617 749-2948 in the evening. M-Fri 6-midnight, Sa 4-midnight, Su 6-10 p.m.



[www.all-options.org](http://www.all-options.org) **All-Options Talkline** promotes unconditional, judgment-free support for people in all of their decisions, feelings, and experiences with pregnancy, parenting, abortion, and adoption. Call 1-888-493-0092 M-Fri 10-1.a.m., Sa-Su 10-6 p.m.

## Online Resources

You may want to research abortion or coping strategies. Unfortunately, some websites do not have medically accurate information or pro-choice views. Here are some supportive websites that you might find interesting:

[www.prochoice.org](http://www.prochoice.org) **The National Abortion Federation** is the professional association of abortion providers in North America, with information and blog articles in English, French, and Spanish.

[www.abortionsconversationprojects.org](http://www.abortionsconversationprojects.org) **Abortion Conversation Projects** is a non-profit group that wants to make it easier for people to talk about abortion.

[www.pregnancyoptions.info](http://www.pregnancyoptions.info) **The Pregnancy Options and Abortion Resolution Workbooks** provide space for folks to explore their emotions related to pregnancy decision-making and having an abortion.

[www.mypostcare.ca](http://www.mypostcare.ca) **MyPostCare.ca** offers holistic content addressing medical side effects and symptoms, emotional and psychological well-being, and family planning options, as well as personalized support through email notifications addressing the natural stages and changes in the post-abortion care journey.

## Religion and Spirituality

[www.faithaloud.org](http://www.faithaloud.org) **Faith Aloud Interfaith Reproductive Justice** offers counselling, hosts videos, and a blog about overcoming the religious stigma of abortion and reproductive health.

[www.catholicsforchoice.org](http://www.catholicsforchoice.org) **Catholics for Choice** advocates for rights to birth control and sexual healthcare. This website has downloadable pamphlets, and an online magazine.

