

Symptoms of Post Abortion Trauma:

- Low self-esteem
- Grief (mild to profound)
- Depression (sometimes to the point of suicidal thoughts and attempts)
- A sense of alienation from family & friends
- A feeling of being "numb", not able to feel joy from activities that used to be pleasurable
- Isolating self from others to avoid discussing the abortion experience with them
- Guilt & shame
- Difficulty concentrating
- Anger toward self, or the child's father, or others involved in the abortion decision
- Alcohol & drug problems to dull the sorrow
- Desire for a "replacement" baby
- Anniversary reactions of grief or depression on the date of the abortion or the baby's expected due date
- Problems bonding with your other children (being over-protective but emotionally distant)
- Fear that God will punish you or is punishing you.

Some, especially young girls, experience symptoms soon after the abortion. However, it is more common for the symptoms to occur over the course of five to twelve years after the abortion.

1-800-964-3787

Thus says the Lord:
Cease your cries of mourning. Wipe the tears from your eyes. The sorrow you have shown will have its reward.
There is hope for your future.

Jeremiah 31:16-17

To begin the healing process, call
1-800-964-3787
(Lincoln - 489-2249)
www.hopeafterabortion.com

Sponsored by:

Bishops' Pastoral Plan for Pro-Life Activities
Archdiocese of Omaha
Diocese of Lincoln
Diocese of Grand Island

Hope & Healing

After an Abortion

Project Rachel

Healing Awaits You!

Abortion can be one of the most traumatic experiences in a person's life. Feelings of grief, anxiety, guilt and anger are common, not only for the woman who undergoes an abortion, but also for the man involved, relatives, friends, counselors and even medical personnel. In many cases, the pain of loss may initially be buried, sometimes for years, but may be manifested by relationship difficulties, depression, or other psychological or spiritual problems. It may even be intensified by a sense of alienation from God and the Church.

Project Rachel is here to reach out to those hurting psychologically and spiritually after involvement with abortion. We recognize that all of us have made choices we later regret. But, we must not give into discouragement nor lose hope. Abortion is not an unforgivable sin, and the Church wants to welcome you home to the mercy and forgiving love of Christ Jesus.

At project Rachel we understand that pain caused by your involvement with abortion is often not recognized by our society. This pain comes in part from a denied grief that there was a child who is no more.

We believe abortion has physical, psychological and spiritual effects, and that knowledge of God's limitless mercy and love is a significant part of the healing process.

Project Rachel offers:

- A Toll-free line **1-800-964-3787** through which you will be given a confidential referral of your choice to either a specially trained clergy person or counselor.
- Specially trained persons are available to help you sort through unresolved feelings and conflicts.
- A priest sensitive to your particular needs can prepare you to receive the Sacrament of Reconciliation.
- Priests outside your community are also available for reconciliation.

Project Rachel is open to anyone in need regardless of their faith background.

There is **NO charge** for those who enter the Project Rachel process. If extended professional counseling seems indicated, fees will be based upon your ability to pay.

Project Rachel allows you, in a caring and hopeful context, to move toward reconciliation with yourself, your unborn child, your family, your church and with God.

www.hopeafterabortion.com

You are not Alone: Personal Testimonies

"I let you convince me there was nothing good about having the Baby."

- **Beth**

"Not one day goes by that I don't think about my baby."

-**Cathi**

"It has burned a hole in my soul and changed me forever"

-**Margo**

"The death of your children is very difficult to cope with in any case, but abortion is a death that goes unrecognized by society. There's no funeral, no gathering of friends and family, no chance to grieve openly, no chance to say good-bye. I can remember just wanting someone to know, wanting someone – anybody – to acknowledge my loss, wanting someone to tell me it's okay to grieve."

- **a 34-year old man**

"There will always be grief and sadness, but there is always a way home."

- **A 22-year old college student**