

Patient Information Sheet: Grief & Loss after Abortion

For Anyone Experiencing Difficulty Following Pregnancy Termination

You Are Not Alone

Abortion can produce a variety of emotions.

It is not uncommon to have mixed emotions. You may have difficulty soon after the abortion, you may feel relieved, or you may have different emotions months, years, or even decades later.

Although you may feel isolated in your experience, you are not alone.

Everyone's reaction is unique. Reactions to pregnancy termination can include but are not limited to the following:

- Anger
- Changes in Relationships
- Changes in Parenting
- Changes in Self Esteem, Sleeping, Concentration or Appetite
- Comfort or Calm
- Depression
- Fear or Avoidance of Children or Reminders
- Fixating on Another Child
- Flashbacks
- Guilt
- Helplessness or Feeling Supported
- Hopeful or Hopelessness
- Mixed, Frozen or Numbed Emotions
- No Reaction
- Relief
- Thoughts of Suicide, Hurting Yourself or Others

yourabortionexperience.com

A confidential space for anyone who has been touched by abortion.

Your Experience Is Unique

Keep in mind that there is no right or wrong way to react.

There are no set timelines for processing emotions, grieving, and healing.

Your experience is unique. Grief is a process of healing. It is a way to find a new way forward.

Where Can I Go for Help and Support?

If you are experiencing difficulty after a miscarriage, you may need some support. This may be soon after the miscarriage or much later on.

There are different types of support to choose from, for example:

- Talk to someone that you're close to, like your partner, a family member, or friend
- Anonymously visit websites like yourabortionexperience.com
- Call recovery helpline: 866-482-5433
- Talk to a spiritual counselor
- Attend a support group
- See a mental health professional

Different resources work for different people. Many resources are free and others might be covered by health insurance. All of the resources will protect your confidentiality.

Acknowledgments:

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