



Are you suffering from Post Abortion Syndrome?

Here are some of the symptoms:

- Anger • Anniversary Reactions • Atonement Baby (another pregnancy soon after the abortion)
- Broken Relationships • Depression • Fear or Avoidance of Children • Fixating on Another Child
- Flashbacks • Frozen Emotions • Guilt • Low Self-Esteem • Nightmares or Sleep Anxiety • Phobias and Compulsive Disorders • Problems with Parenting • Sexual Dysfunction • Substance Abuse
- Suicidal Thoughts • Survivor Guilt

Whether your abortion was 40 years ago or 4 days, Post Abortion Syndrome is real. But so is the help.

We have someone to talk to in person at Abiding Care, but we realize not everyone is ready for that. If you would prefer more anonymity, please consider joining one of the online groups just for post abortive women. *In all of these groups you can expect confidentiality and compassionate care.* Women are reaching out like never before and finding community, healing and **hope!**

Check out the following online resources:

H3Helpline.org (24/7 help)

AriseDaughter.org (has online groups)

SheFoundHisGrace.org (has online groups)

PATH (Post Abortion Transformation and Healing) Closed Group on Facebook

