

Are you asking yourself these questions?



Websites

These websites may also offer helpful hints / ways to share your experience or deal with difficult feelings:

www.abortionconversation.com

www.peaceafterabortion.com

www.pregnancyoptions.info

www.heartssite.com

www.imnotsorry.net

www.theabortionproject.org

www.menandabortion.com

Be careful- not all websites on the net when you search 'abortion' are helpful, many contain misinformation.

Getting you connected

Pregnancy Advisory Centre has qualified social workers who specialise in the area of unplanned pregnancy and abortion.

21 Belmore Terrace,
Woodville Park SA 5011

P (08) 8243 3999
SA Country Free Call 1800 672 966
www.pregnancyadvisorycentre.com.au

SHineSA can provide a huge range of services in many areas of sexual and relationship health. Contact the team closest to you and ask for the sexual health counsellor.

East/West
64c Woodville Road,
Woodville SA 5011
P 8300 5301

Southern
19 - 23 Beach Road
Christies Beach SA 5165
P (08) 8186 8600

Northern
Northern Primary Health Care Centre
43 Peachey Road, Davoren Park SA 5113
P 8256 0700
www.shinesa.org.au

Shopfront Youth Health & Information Service
72 John Street, Salisbury SA 5108
P 8281 1775

The Second Story
4 locations – City, West, South & North
P 1300 13 17 19 or 8303 1691 (from mobiles)

Relationships Australia Bookshop & Library
offer a range of self help/ informative books on a whole range of topics that you might find useful.

49a Orsmond Street, Hindmarsh
P 8245 8111 (Bookshop) - P 8245 8110 (Library)
www.rabooks.com.au

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Support after your Termination

Information for young women



Government of South Australia
Central Northern Adelaide
Health Service

Where can I get help?

A lot of research has been conducted on how women feel after having a termination of pregnancy ... but because you are unique your experience will be too. If you start to feel – at any time after having a termination (days, weeks, years) - that you are not coping contact someone from the organisations on the back of this brochure.

Support People

It is a good idea to have someone stay with you overnight after the operation. In the longer term you may also consider choosing someone or trusted people in your life to help you get through any emotional ups and downs you may experience.

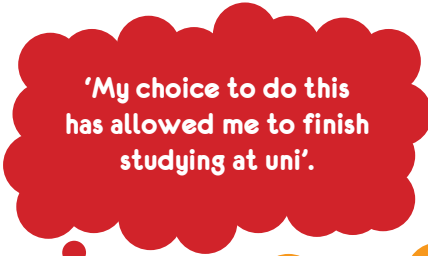
Things to consider

- Avoid too much alcohol. Other drugs (including 'uppers' such as meth, x, ice and excessive use of prescription meds) all have the potential to cause depression.
- Who you choose to tell is your decision. Unfortunately not all people will be supportive of this choice. You may decide to only tell trusted loved ones.
- Are you bottling up feelings/isolating yourself – another benefit of talking to someone is that you will be less likely to take it out on someone else – or yourself.
- Overworking or over/under sleeping –either of these can have negative effects on your mental health.
- Resuming sexual relationship only if you want to and when you are physically and emotionally ready.


Believe in yourself and your choices

Making the decision to have an abortion can vary from being straightforward to very difficult. There is no right way to feel. If you do have negative or worrying feelings don't forget to balance them out with the other side.

These are some examples:



'My choice to do this has allowed me to finish studying at uni'.



'Making this choice will allow me to feel more prepared before choosing to commit to motherhood.'

The experience, even though hard, may even inspire you to study, to change jobs, to begin to become more aware of your emotions, to take better care of yourself, to become closer to your friends / partner / mother / father.

Did I make the right choice?

Sometimes we can keep asking ourselves 'Did I make the right choice?' It might ease your mind to know that all kinds of women choose to have terminations, for many different reasons.

Some of these include:

- Unplanned pregnancy
- Not ready for the huge task of parenthood
- Study & Career goals
- Partner or family not being supportive
- Age
- Abusive environments
- Religion
- Financial instability
- Rape / Sexual assault
- Genetic disorder

You may have chosen to have a termination for one or many of these reasons – or you may have a different reason entirely, regardless – asking yourself if you did the right thing is completely normal and is in fact a healthy part of healing. It's your choice and you have the right to have control over your life.