



**For  
help  
and  
healing**

**Ministry to those who have experienced an**

**abortion:** We urge local pastors to become informed about the symptoms and behaviors associated with post-abortion stress. We further encourage local churches to make available contact information for counseling agencies that offer programs to address post- abortion stress for all seeking help."

**2004 Book of Discipline**  
*Social Principles paragraph 161 k*

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"Whereas we recognize that there is a legal right to an abortion, we also recognize that some regret that event later in life.

"Whereas the church should be about offering healing ministries for all types of brokenness,

"Therefore, be it resolved that the 2004 General Conference of The United Methodist Church urge pastors to become informed about the symptoms and behaviors associated with post- abortion stress; and

"Be it further resolved that the 2004 General Conference of The United Methodist Church encourage local churches to make available contact information for counseling agencies that offer programs to address post-abortion stress for all seeking help."

**2004 Book of Resolutions**  
*Pages 353 & 354*

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**For more information contact:**

**Lifewatch/Taskforce of United Methodists on  
Abortion & Sexuality  
website: [www.lifewatch.org](http://www.lifewatch.org)**

**Where  
can I  
go ...**



**A**mong the emotional symptoms\* associated with post-abortion stress are:

- strong sense of guilt
- intense feelings of grief, sadness, loss
- nightmares and/or insomnia
- nervous breakdowns
- loss of confidence in decision making
- loss of self-esteem
- regret and remorse
- suicidal impulses
- self-hatred
- depression
- new or increased drug and/or alcohol abuse
- fear that you may never again be able to become pregnant
- fear that any succeeding child(ren) will in some way be deformed
- decreased ability to experience emotions
- inability to communicate
- fear that others will learn of the abortion
- fear that others will hate you if they learn of the abortion

**If you recognize yourself in the above description, you are not alone. Many post-aborted women and men have felt the same emotions.**

**There is hope.** The healing process begins by contacting people who care and can help.

\*Sources: Abortion Questions & Answers Dr. & Mrs. John Wilker 2003 edition pages 50-52; The Elliot Institute ([www.afterabortion.info](http://www.afterabortion.info)).

Additional resources available upon request.

Call or visit your local Crisis Pregnancy Center, or Pregnancy Resource Center. Besides offering help during pregnancy, many also offer post-abortion counseling. If none is nearby, contact one of the following:

**Abortion Recovery Directory**  
[www.abortionrecoverydirectory.com](http://www.abortionrecoverydirectory.com)  
(an extensive list of resources for those hurting from abortion; also, resources for facilitators and ministers)

**Abortion Recovery for Men**  
[www.lifeissues.org/men/index.htm](http://www.lifeissues.org/men/index.htm)

**CARENET**  
109 Carpenter Drive, Suite 100  
Sterling, VA 20164  
1-800-395-HELP

[www.optionline.org/](http://www.optionline.org/)  
**The Elliot Institute**  
P.O. Box 7348  
Springfield, IL 62791  
217-525-8202  
[www.afterabortion.info](http://www.afterabortion.info)

**Former Women of Choice**  
[choice@formerwomenofchoice.com](mailto:choice@formerwomenofchoice.com)

**Healing Hearts Ministry**  
P.O. Box 7890  
Bonney Lake, WA 98390  
1-888-217-8679  
[www.healinghearts.org](http://www.healinghearts.org)

**Institute for Pregnancy Loss**  
1574 Scottridge Lane  
Jacksonville, FL 32259  
904-342-0352

**Ramah International**  
P.O. Box 173  
Ramah, Co 80832-0173  
719-573-7707  
[www.ramahinternational.org](http://www.ramahinternational.org)

**Safe Haven**  
P.O. Box 336  
Beardstown, IL 62618  
[www.safehavenministries.com](http://www.safehavenministries.com)

**SaveOne, Inc.**  
P.O. Box 291526  
Nashville, TN 37229  
1-866-329-3571  
[www.saveone.org](http://www.saveone.org)

**Victims of Choice**  
P.O. Box 815  
Naperville, IL 60566-0815  
1-888-267-3998  
[www.victimsofchoice.com](http://www.victimsofchoice.com)

(one-on-one ministry; also provides training for ministers and those who counsel)

***Remember, there is hope and you are not alone. The most difficult step is making that initial call. Do it today; begin the journey to a "whole new you."***