



LISTEN
SUPPORT
VALIDATE

IF YOU'VE HAD AN ABORTION
Connect With Exhale. Speak freely.
We're here to listen.

All Hours, U.S. Pacific Time

Text: 617.749.2948

Weekdays 3 p.m. - 9 p.m.

Saturday 1 p.m. - 9 p.m.

Sunday 3 p.m. - 7 p.m.



OUR MISSION

Exhale creates a social climate where each person's unique experience with abortion is supported, respected, and free from stigma. Exhale provides services, training, and education to empower individuals, families, and communities to achieve post-abortion health and wellbeing.

YOUR FEELINGS ARE NORMAL

You may experience a range of feelings after an abortion: sadness, happiness, empowerment, anxiety, grief, relief, and/or guilt. There is no "right" way to feel. Feelings are different for everyone and they often change over time. We know your abortion can be hard to talk about, and that finding the right person to talk with can be even harder.

HOW ARE YOU?

Whether your abortion was yesterday or years ago, and whether your decision was easy or difficult, we're here to support and care for you.

First thing's first: Abortion is a common experience for women and girls, worldwide. **You are not alone.**

Abortion is also one of the most commonly-performed gynecological procedures in the United States, where about 1.2 million abortions are performed annually. People have abortions for a number of different reasons and each experience is unique.

TAKE CARE OF YOURSELF

It's important to remember to take care of yourself as you recover both physically and emotionally. Make sure to get enough sleep, drink tons of water, eat complete meals, and do things you enjoy. Be sure to read and follow all the after-care guidelines from your abortion provider.

Talking to someone about your feelings can be part of how you take care of yourself. We're here to help with that. In fact, it's never too late to reach out and express your feelings. We've heard from many people who journal, write letters, listen to music, read a book, take walks, or create rituals as ways to process their feelings. What's important is that you find something that works for you, and that it fits your life, beliefs, and needs.

WE'RE HERE TO LISTEN

Exhale offers a free, international textline that provides emotional support, resources, and information. All communications are completely confidential and counselors are non-judgmental. The Exhale textline is available to anyone with an abortion experience, including their partners, family members, friends, and allies.

WWW.EXHALEPROVOICE.ORG