



## LOOKING TO SUPPORT YOUR PARTNER, CHILD, OR FRIEND AFTER THEIR ABORTION?

Text Exhale Pro-Voice for nonjudgemental  
after-abortion support.

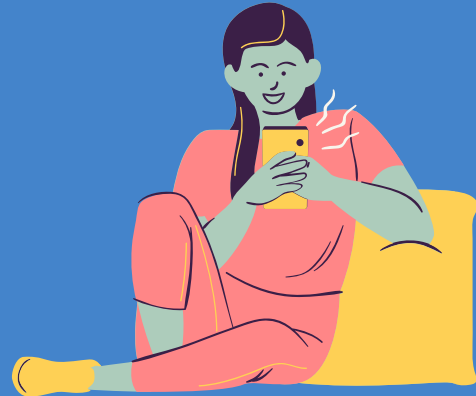
Available in the United States and Canada

**TEXT: 617-749-2948**

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

**Saturdays 1 p.m. - 9 p.m.**

**Sundays 3 p.m. - 7 p.m.**  
(U.S. Pacific Time)



### OUR PURPOSE

The free, nonjudgmental Exhale Pro-Voice textline offers high-quality emotional support, information, and resources for all people after their abortions. The textline is also available to partners, parents, family members, friends, and allies - including mental health clinicians, abortion providers, doulas, and others offering abortion-related care. All texts are completely confidential.

### YOUR FEELINGS ARE NORMAL

At Exhale Pro-Voice, we know that there is no "right" way to feel after an abortion. We also know that feelings of happiness, sadness, empowerment, anxiety, grief, relief, and guilt are common. Abortions can be hard to talk about and finding the right person to talk with can be difficult. Exhale Pro-Voice provides the opportunity to talk with someone who supports and respects you, in a safe and confidential environment.

### WHEN YOU TEXT EXHALE PRO-VOICE...

Peer counselors equipped with nearly 30 hours of training and roleplay experience will support you with Pro-Voice counseling, which:

- Value your emotional wellbeing and welcome a full range of emotions
- Approaches you as a whole person, recognizing that many facets of your life are part of abortion experiences
- Respects and works within your belief systems (religious, cultural, social, and political) to support your needs
- Works with you to discover new strategies to support your emotional wellbeing
- Reflects back your strengths so that you can continue to learn and grow

## WHAT CAN I DO FOR SOMEONE AFTER AN ABORTION?

Ask them. If they want to talk, listen. If they want to be alone, it is okay to leave. If they want to pray, give them room to pray. Avoid statements and phrases like, "You should..." or "Why don't you..." or "What you really need is...". Remember that you do not have all the answers. Sometimes, just being there is enough. If you want more ideas about how to best support someone after an abortion, text Exhale Pro-Voice.

## WHO TEXTS EXHALE PRO-VOICE?

People of all different backgrounds text Exhale Pro-Voice - and everyone's experience is unique! We hear from people who have had abortions, as well as their partners, parents, family members, friends, and allies - including mental health clinicians, abortion providers, doulas, and others offering abortion-related care.

According to our Textline survey, we hear from:

- People experiencing a range of emotions after their abortions - from sad and grieving, to angry, to relieved and empowered.
- People of all ages, some of whom had their abortions today, last week, last month, last year, and even decades ago.
- People who have had several abortions.
- People who have had abortions who are also parents.
- Black, Native, and people of color.
- Queer, trans, and gender diverse people.
- People of faith.
- People living across the United States and Canada

[WWW.EXHALEPROVOICE.ORG](http://WWW.EXHALEPROVOICE.ORG)