

Are you experiencing trauma or stress from a past abortion? Trauma from abortion is real and you are not alone. If you are not sure, answer these questions below and start your journey to healing.

Do you lack the freedom to share your abortion experience with others?

Do you avoid the subject of abortion because you feel like people will see it written across your forehead?

Do you expect bad things to happen to you as punishment for your abortion?

Are you afraid to meet your child in heaven?

Do you engage in self-punishing attitudes and behaviors?

Do you feel like the good promises of God are for other people and not you?

Do you work hard to prove you are a good mother/father?

Do you avoid people or situations that remind you of your abortion?

Do you feel like your relationships (or friendships) with men are unhealthy?

As a woman, do you feel like your friendships with other women lack depth and authenticity?

Do you feel like you are all alone with the emotional pain you are feeling?

Abortion can rob you of many things. If you answered yes to any of the questions above, you may benefit from abortion recovery care. If you are interested in receiving help with these issues and living in freedom from your past abortion with a hope for your future reach out on of the groups listed below or other caring organizations.

[Focus on the Family](#) is a great place to start the healing journey

- [Books, DVD's and media](#)
- [Broadcasts and videos](#)
- [Referrals](#)

NOTE: *Many regional and local organizations can be accessed for referral from these national groups. Explore these links to find a good fit.*

[Abortion Hurts. God Heals!](#) Media, healing groups, and referrals

[Choose Grace International](#) 804-835-6505 Speaking and curriculum for reproductive loss

Concepts of Truth [International Helpline](#) 866-482-5433 Call for confidential help 24/7, group curriculum

[Deeper Still Ministries](#) 865-524-3313 Healing retreats

[Entering Canaan](#) 914-844-4995 Retreats and prayer support

[Fathers and Brothers Ministries International](#) 303-543-0148 ([Missing Arrows Bible study pdf](#))  
By men for men

[Healing Hearts Ministries International](#) 505-355-6922 Healing recovery groups

[H3Helpline](#) 866-721-7881 After abortion care and counseling

[Hope Alive](#) 717-348-2827 Intensive healing for childhood trauma and abortion

[Life Perspectives](#) 619-501-9414 Story sharing and other helps to abortion healing, non-faith based

[Men and Abortion](#) 513-729-3600 By men for men, including research and other resources

[Operation Outcry](#) 210-614-7157 File an affidavit of abortion harms or other experiences, justice resource

[OptionLine](#) Call, message, or text 1-800-712-4357 Find abortion recovery resources

[Project Rachel Ministry](#) 202-541-3070 Outreach in local Catholic churches inc priests and laity

[Rachel's Vineyard](#) 877-467-3463 Healing retreats for women and men

[SaveOne](#) 615-636-2654 Bible study groups for women and men

[Silent No More Awareness Campaign](#) 412-749-0455 Share your story of abortion regret

[S.M.A.R.T. Women's Healthcare – Science Matters in Abortion Related Trauma](#) 775-224-0717  
Mental health focus for healing and recovery

[Standing with You](#) Pro-life and abortion recovery resource database, includes campus resources

[Support After Abortion \(SAA\)](#) 844-289-4673 Helpline and healing groups and referrals

[Surrendering the Secret \(STS\)](#) Bible study groups

[Word of Hope](#) Lutheran Abortion Recovery 888-217-8679 Helpline and recovery referrals

Learn more at [cradlemyheart.org](http://cradlemyheart.org)