

It is important to seek post-abortion support as soon as a person is aware that they are experiencing difficulties.

The longer a pattern of distress is held inside the more entrenched that pattern becomes and the longer it takes to make effective change from the distress. If you, or someone you know, is having post-abortion difficulty you could see the post-abortion recovery counsellor at Espod Geelong Inc.

The program is non-directional, non-judgemental and non-faith based counselling. There is a program for your partner if needed.

To make an appointment for post-abortion recovery

Phone: 03 5223 2425

9:00 am - 9:00 pm (7 days a week)

Address: 17 Adams Place, Geelong VIC 3220

Office Hours: 10:30 am - 2:30 pm Mon - Fri

After Hours appointments available

www.espodgeelong.org.au



Managing The Emotional Recovery from Abortion



Most men usually feel an enormous sense of relief immediately after an abortion. This is because their partner's difficult or unplanned pregnancy can be very stressful. People choose abortion for many reasons.

Often men expect that once the pregnancy is stopped there will be no more effects of the pregnancy. However, some men say they feel a sense of loss following abortion.

These men may be experiencing grief which is a normal response to loss. Grief raises a range of emotions. Often a man is surprised at having a grief response to the abortion and sometimes he will

But this can lead to further difficulties. For example, if a man is unable to come to terms with what he is experiencing he may turn negative feelings in on himself. Perhaps his behaviour will become risky or out of character. The way people respond to abortion and possible after effects is different for each individual.



Managing the emotions that may follow an abortion

There is help for people experiencing post-abortion difficulties. Our post-abortion recovery program teaches people how to manage issues arising from abortion. This is how. We talk about the abortion experience or the parts he thinks are causing the problems. The man and his counsellor then understand how he feels he has been affected. We examine his thoughts and feelings in relation to his own set of values, experiences etc. The man works with his counsellor to identify the aspects of his thoughts and feelings that move him forward and which ones keep him stuck. Together we create new ways of thinking and feeling and develop other strategies to manage his difficulties.

Not every man who is involved in an abortion develops or reports problems but here are some of the things people sometimes feel after an abortion:

- Immediate sense of relief
- Can't sort out his feelings
- Sadness and grief
- Anger
- Relationship problems
- Sleep and sexual disturbances
- Remorse and regret
- Depression and anxiety
- Unable to stop thinking about how things would be if abortion had not been chosen
- Strong desire to have another child soon after abortion
- Doing risky behaviours like driving very fast
- Having a sense of failure

In severe cases men may develop drug/ alcohol problems, or have suicidal thoughts. This is rare response for men but it can occur.