

# We Regret Our Abortions



**We** are no longer silent about the pain our abortions caused us.

We have struggled emotionally, physically and spiritually. We have dealt with eating and sleeping disorders, substance abuse, relationship problems, suicidal thoughts, nightmares, and more.

Now we are breaking our silence and letting the truth be known. Abortion doesn't solve your problems, it only creates different ones.

If you or someone you know is hurting after an abortion(s) please know help is available. You are not alone.

We found help and you can too.

**Call 1 800 395-HELP day or night**

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If so, there's Help  
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