

## After an abortion,

women, men, and families often find themselves hurting for the loss of their baby. Many people are unable to get past the pain of their loss. Symptoms of "post-abortion trauma" may include anger, rage, inability to forgive yourself, emotional numbness, sexual problems or promiscuity, eating disorders, intense grief, sadness, lowered self esteem, drug and alcohol abuse, nightmares and sleep disturbances, suicidal urges, difficulty with relationships, anxiety and panic attacks, flashbacks, and multiple abortions. These can occur immediately after the procedure or weeks, months, and even years later. It is important to know that there is hope, there is healing, there is forgiveness, and there is a way out of your pain. Many resources, support groups, and retreats are available to help you heal. All you have to do is ask.



Diocese of Green Bay

Please contact any of your local parishes

**Neenah Menasha  
Respect Life Committee**

## Respect Life

## Post-Abortion Support and Recovery



# Resources

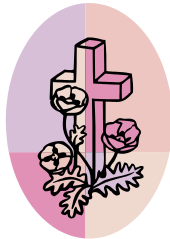
- **Project Rachel**

Catholic Charities' ministry which operates as a network of professional clergy, licensed counselors, and volunteers all trained to provide one-on-one spiritual and psychological support to all those who are suffering from the trauma of abortion

Green Bay (920) 734-2601, contact Linda  
La Crosse (715) 344-2500, contact Dan  
Madison (800) 593-2273, contact Vicki  
Milwaukee (800) 5-WECARE or (414) 483-4141,  
contact Vicki or Mary  
Superior (877) 825-6344, contact Mary

- **Fox Valley Mother and Unborn Baby Care, Inc.**  
*Post-abortion support, also offered in Spanish and Hmong.*

526 W. Wisconsin Avenue, Appleton  
(920) 733-7334  
[www.fvmubc.org](http://www.fvmubc.org)



- **OptionLine**

24/7 confidential support and connection to local resource pregnancy centers and abortion recovery facilitators

1-800-395-4357

<http://www.optionline.org>

- **National Office of Post-Abortion Reconciliation and Healing**

Networks researchers and professionals working in the field, consults on the formation of support services, provides training for care providers, publishes the International Post-Abortion Support Services Directory, produces educational materials, sponsors the Healing Vision conference at Marquette University

1-800-5WE-CARE  
<http://www.noparh.org>

- **Rachel's Vineyard**

Resources and weekend retreats for healing, also a 13-week support group model available; ministry of Priests for Life



1-877-HOPE 4 ME (1-877-467-3463)

<http://www.rachelsvineyard.org>

- **Lumina: a post-abortion referral network**

Group programs, retreats, referrals to professional therapists, post-abortion ministries, and clergy members trained in post-abortion stress

1-877-586-4621 [www.postabortionhelp.org](http://www.postabortionhelp.org)

- **Reclaiming Fatherhood**

Contains information and resources that will be helpful to those men who have been involved in abortion experiences and to those who care for them

<http://www.menandabortion.info>

- **National Helpline for Abortion Recovery**

24/7 confidential care helpline with consultants who have experienced abortion; provides immediate referrals for programs near you and mails resources as needed; provider directory

1-866-482-HELP

<http://www.nationalhelpline.org>

- **Abortion Recovery InterNational**

ARIN is the first Christian non-profit association of peer and professional counselors helping to restore lives and relationships after abortion; connects people hurting with local abortion recovery centers and programs

1-866-4-MY-RECOVERY (1-866-469-7326)

<http://www.abortionrecoveryinternational.org>

## Related Resources

- **Christine Ann Center: Regional Domestic Abuse Services**

24/7 Crisis line (920) 729-5727  
206 Algoma Blvd, Oshkosh  
(920) 729-6395

- **Harbor House Domestic Abuse**

720 W. 5th Street, Appleton  
(920) 832-1666

- **Crisis Intervention**

24/7 crisis line (920) 233-7707  
or (920) 722-7707

- **Sexual Assault Crisis Center**

(920) 722-7773



- **American Red Cross**

36 Broad St, Suite 151,  
Oshkosh (920) 231-7590  
181 E. North Water St.,  
Neenah (920) 722-2871

- **Salvation Army Shelter**

226 S. Morrison St., Appleton (920) 991-1427  
417 Algoma Blvd., Oshkosh (920) 231-7661

- **National Suicide Prevention Lifeline**

24/7 crisis hotline, free and confidential  
1-800-273-TALK