

# I HAD AN ABORTION, AND NOW I FEEL...

**Ambivalent  
Confused  
Relieved  
Nothing  
Scared  
Angry  
Unsure  
Numb  
Sad**

**No matter what you are feeling,**

**YOU ARE NOT ALONE.**

Confidential Care after Abortion | **888.456.HOPE**



**project rachel**  
Peace starts here

**1-888-456-HOPE**  
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