

Want to know more?

If you want more information or to see someone, just ring us on **(01509) 238 388**. If you get our answer phone message, please leave your first name and number and we will normally get back to you in 24 hours.

Please note:-

We offer a reduced drop-in service during school holidays but you can still ring for an appointment on **(01509) 238 388**.

The Charis Centre
Caring for women, caring for you
(01509) 238 388
www.thechariscentre.org.uk

Affiliated to CareConfidential



We welcome enquiries from men as well as women because we recognise that men can also be deeply affected by an abortion.

It can also be hard for men to find someone to talk to confidentially, as these things are sometimes just dismissed as "women's issues". Whether you are a partner, father or a concerned relative, we are happy to talk to you confidentially and offer appropriate help where we can.



Drop in

The Charis Centre operates on a drop in basis where you can visit us when we are open for a pregnancy test, counselling or information.

We are open at various places at various times.

Please visit our website or ring for current locations and times of opening.

www.thechariscentre.org.uk

(01509) 238 388

or

Make an appointment

If you want to make an appointment with one of our advisors at a time and place convenient to you, then please ring us on **(01509) 238 388** or

Speak to someone now

If you need a listening ear and you don't want to wait for our drop-in sessions or for an appointment, please phone our free national helpline

CareConfidential **0800 028 2228**

Or go online at www.careconfidential.com to speak with an online advisor

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Had an Abortion?



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Had an Abortion?

For some women, abortion is something they feel they have come to terms with, but for others they feel that it is a painful part of their lives - something that affects them deeply, even if they felt they were making the right decision at the time.

Choosing to have an abortion is never an easy choice. There will have been many thoughts going through your mind. The pressure of circumstances can be overwhelming and afterwards often there is a sense of relief.

But for some - maybe for you - feelings can emerge immediately afterwards, or within a few months or even years later - feelings that can be difficult to understand.



Possible Feelings

If you had an abortion recently or a long time ago, you may initially have felt relief but now feel numb or be experiencing emotions like guilt, grief or anger. Coupled with that, you may also find it difficult to be near babies or pregnant women. You may be preoccupied with the whole experience. These kinds of feelings are common following an abortion.

Post-abortion stress has been recognised as a distinct set of symptoms. As well as the above, you may have experienced other symptoms such as:-

- Feeling the need to 'replace' the baby.
- A feeling of distance from or, conversely, over-protectiveness of existing children.
- Inability to maintain normal routine.
- Depressed feelings, stronger than a 'little sadness'.
- Sleeping problems.
- Flashbacks.
- A sense of loss.
- Tearfulness.
- Low self-worth.
- Relationship tension or breakdown resulting from the abortion.

You may feel a mixture of these emotions or just one of them.

Help is at Hand

At the Charis Centre, you will find a safe place where you can express your feelings to an advisor trained in post-abortion support. You will find someone who has time to listen, someone who understands and does not judge, someone who cares enough to help.

At Charis, we run "The Journey" recovery programme. This is a sensitive one-to-one post-abortion programme that supports you and equips you to deal with the emotions you may be experiencing, helping you to find the resources you need to relate to your experience more healthily.

All our counselling is free of charge and confidential and you can come as many times as you need.

Please call and make an appointment or drop in.

Other Charis Services

We also offer:-

- Free pregnancy testing.
- Help and support with pregnancy choices.
- Adoption counselling.
- Free confidential support, if recently or in the past, you have had a miscarriage or still birth.
- Listening service: post-natal depression.
- Information on other local and national helping agencies.