

From [www.afterabortion.com](http://www.afterabortion.com)  
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*So you've had an abortion..  
Think you're alone?  
Think Again . . . .*



**By age 45, 1 out of every 2.5 women in the United States has had at least one abortion!\***

**Who are these women? They are single women, married women and divorced women. They are your sisters, your cousins, your aunts, your mothers, your neighbors, your co-workers, your schoolmates, they are women you see every day when you go out into the world. These women come from all different age groups, races, socio-economic levels and religions. So with all these women undergoing this common medical procedure, why isn't there more support for women after an abortion, to discuss their experience? Why so few support groups to talk about your physical and emotional issues afterwards? The fear of political or religious backlash, and the fear of negative reactions from friends or family keeps most women from discussing anything they feel after their abortion. This website provides a neutral, non-political, non-religion based, non-judgmental place for women to communicate with each other after an abortion.**



*How you feel after an abortion should not be a 'political' or 'religious' issue - if you have a need for support, or emotional or physical problems, they should be treated just like the issues with any other medical procedure.*

**What is this website about?** This site is for women who have had an abortion, and want a place to talk about their abortion, and find peer support in a neutral, non-judgemental place. The site was created in June 1998, and now has thousands of women who post on our after abortion support [message boards](#), sharing support, knowledge, experiences and help for each other. Our message boards have hundreds of thousands of posts, thousands of members, and discuss every aspect of post abortion support, recovery, and life after an abortion. You can sign up for an account and get immediate support and conversation with other women who have experienced the same thing you have. [Go to the message boards](#)

How many women are talking right now on the message boards? Hundreds! How many stories can you go read right now, that have information and answers to questions you might have about post-abortion recovery? Literally, millions! **As of 07-30-2008, the message boards have over 1,755,788 posts and 21,633 members!** Because we have members from around the world in many different time zones, there is always someone on-line either posting or chatting, and they'd be happy to talk with you! Even if you don't want to talk, there are almost 2 million posts you can read through, to find comfort and support. You are not alone and your feelings are shared by thousands of women around the globe. Our boards cover every aspect of life after an abortion, and we have a lot of different topics to explore. [Click Here to go join the message boards and find information and instant friends who truly understand!](#)

**More about this site:** This website contains information, help and resources for women dealing with Post Abortion Stress Syndrome, also referred to as "PASS". We provide neutral, non-judgmental, non-religion based, non-politically affiliated online support, information, help and healing. This site was created by "jilly", a woman who has recovered from her own struggles with PASS after 5 abortions. We provide help through "peer support" discussion, volunteer helpers, message board communication and online information. "Peer Support" means that there are no professional counselors or doctors here, just other women who have been through these experiences and understand them. Regardless of whether your abortion was 3 weeks ago, 3 years ago, or 30 years ago, you can find other women who understand, and lots of support.

**For any questions or help with using this website, send an email to [help@passhugs.com](mailto:help@passhugs.com)**

## Individual Recovery Steps

If you are interested in a post abortion support workbook to help you heal, we have a book that contains my "Individual Recovery Steps". These steps evolved out of my own recovery experience, and the thoughts and ideas of other women who have healed here at this site

### **Is This A Pro-Choice Or Pro-Life Site?**

This site is neither, it is "Politically Neutral", and is devoted to healing and recovery for women who've had abortions. This site does not endorse any political view about abortion, or endorse any specific religious view about abortion. It is strictly a neutral place of healing, information and support for women, their families and friends after an abortion. We treat this as a medical issue for women, not a political or religious one. Therefore at our message boards and chats there is no discussion allowed on prolife vs prochoice issues, judgement or questioning of women's reasons, or discussions about the "morality" of abortion. If you choose to participate in our interactive groups, please respect our site policy on these issues. Our site is a 501(c)3 nonprofit organization, and is not financed or supported by any political or religious groups. It is supported solely by the members at the message boards, and profits from the sale of products.

### **What Is "Post Abortion Stress Syndrome?"**

Post Abortion Stress Syndrome (PASS) is the name for a condition that can affect women after an abortion. Just like any other condition, PASS does not affect every woman who has an abortion. Some women who have abortions feel peaceful about their decision beforehand, have a pain-free and physically easy experience, feel relieved afterwards, and then live the rest of their lives with no problems or regrets. Other women may have a different experience, and may have a more difficult time with the physical procedure itself, and the emotional and physical recovery process. Those who are affected can find themselves having problems with a common set of physical or emotional issues. After an abortion it's possible that a woman will have some normal feelings of grief, guilt, sadness, crying and loss. If the feelings become severe, interfere with her daily activities, persist for a long period of time, or lead to other more serious problems, she may be suffering from PASS. [Click Here for a list of detailed symptoms of PASS, lists of common problems, and more specific information.](#)

### **Doesn't having PASS problems mean I am "prolife", or "regret my decision"?"**

NO! PASS is a collection of physical and/or emotional issues that are common to women after an abortion. It is not experienced only by women who are prolife, or who regret their abortion. There are plenty of prochoice women who have experienced PASS. There are also plenty of women who feel their abortion was the right choice, and don't regret it, yet still have problems with PASS. PASS is a medical condition, and has nothing to do with politics or religion.

### **What about you and the people who run this site?**

My view on abortion is neutral. The volunteers who help run this site and the message boards and chats have many different views - but the important thing is that everyone who helps out here has a strict devotion to neutrality, and our support and help is totally neutral.