

In 2008, 1.2 million women had abortions in the United States alone. Abortion pain is everywhere. Many of our daughters, sisters, friends and co-workers will struggle...



- Twice as likely to be hospitalized. Compared to women who deliver, women who abort are more than twice as likely to be subsequently hospitalized for psychiatric illness within six months.†
- 6 times higher suicide rate. Two national records-based studies from Finland revealed that aborting women were 6 times more likely to commit suicide in the following year than were delivering women.
- Up to 60% have suicidal thoughts. According to a recent study in a major scientific journal, 31% had thoughts of suicide after abortion. In another survey, approximately 60% of women with post-abortion problems reported suicidal thoughts, with 28% attempting suicide and half of those attempting suicide two or more times.
- 154% higher risk of suicide. Another study of more than 173,000 American women who had abortions or carried to term found that, during the eight years after the pregnancy ended, women who aborted had a 154% higher risk of suicide than women who carried to term.
- 65% report symptoms of post-traumatic stress disorder. In a study of U.S. and Russian women who had abortions, 65% of U.S. women experienced multiple symptoms of PTSD, which they attributed to their abortions. Slightly over 14% reported all the symptoms necessary for a clinical diagnosis of abortion-induced PTSD, and 25% said they did not receive adequate counseling. 64% said they felt pressured by others to abort.

- 60% said they felt “part of me died.” In the above study, 60% of American women reported that they felt “part of me died” after their abortions.
- Fivefold higher risk of drug and alcohol abuse. Excluding women with a prior history of substance abuse, those who abort their first pregnancy are 5 times more likely to report subsequent drug and alcohol abuse vs. those who give birth.
- Substance abuse during subsequent pregnancies. Among women giving birth for the first time, women with a history of abortion are five times more likely to use drugs, twice as likely to use alcohol, and ten times more likely to use marijuana during their pregnancy, compared to women who have not had an abortion.
- 64% of abortions involve coercion. A recent study of women who had abortions found that 64% of American women reported that they felt pressured by others to abort.
- Forbidden grief: After abortion, societal expectation, personal shame and public and professional denial result in repressed grief, causing serious problems including clinical depression, eating disorders, self-destructive lifestyles and suicide.
- Multiple disorders and regrets. A study of post-abortion patients only 8 weeks after their abortions found that 44% reported nervous disorders, 36% experienced sleep disturbances, 31% had regrets about their decision, and 11% had been prescribed psychotropic medicine by their family doctor.

- 39% had eating disorders. In a survey of women with post-abortion problems, 39% reported subsequent eating disorders.

† For full citations for the statistics presented above, please see: <http://www.theunchoice.com/pdf/FactSheets/PsychologicalRisks.pdf>

“The knowledge that I’ve gained, has helped me to communicate helpful information to my peers, who have been suffering in silence. It also has helped when they have contacted me to aid them in preventing their own daughter from getting an abortion. To see those babies celebrate their birthdays and Baptisms, etc., has been a huge gift from God to help me in dealing with the loss of the potential grandchildren I could have been enjoying now.”

“It has helped me realize that I am not alone, and that I can speak about what I did and be accepted. In breaking the silence, it helped me to continually heal from my decision of abortion.”

# What Comes Next?



## Campaign Co-Founders

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“Silent No More has impacted my life in so many ways I can’t describe. Mostly it has freed me up to share my story to help other people still suffering from the trauma of abortion, and I have a community of people in my life that is unbelievable and all I want to do now is promote the cause of life, and help others heal from post abortion trauma.”

# Congratulations!

You have worked really hard and have completed your Abortion Recovery Program! You may be asking yourself “What comes next?” Anything?

For some of you, just knowing the forgiveness of God is enough; go in peace. For others, you may sense that God has more healing in store for you. Past sexual abuse, anger or depression might have surfaced and you could benefit from more counseling in these areas. We encourage you to let God continue to restore your hurting heart.

For many, you may feel called to get involved in helping others who are either struggling after an abortion or stressing about having one. Continued healing often comes to those who reach out to help others. You can help them by getting involved with the Silent No More Awareness Campaign!

## The Silent No More Awareness Campaign

is making the public aware of the devastation abortion brings to women, men, and their families.

Our hope is that the emotional and physical pain of abortion will no longer be shrouded in secrecy and silence, but rather exposed and healed. And as the real long-term consequences are shared, the next generation will choose life for themselves and their unborn babies.

Silent No More is excited for you as you begin to feel the benefits of your healing and restoration. We have had the honor of being silent no more with many participants of abortion healing programs and hope the opportunity arises for us to join our voices together in honor of our Lord and our children.

There are a variety of things you can do to be silent no more depending on your level of interest and available time.

## How You Can Be Silent No More

- You can “Join Us” online at [www.SilentNoMoreAwareness.org](http://www.SilentNoMoreAwareness.org) to receive our monthly e-letter that provides ideas and opportunities to be silent no more.
- We invite you to sign our confidential “Register your Regret” web page to have your voice included with the thousands of other women and men. This can be a powerful tool to open hearts and minds to the reality of post-abortion suffering. [www.IRegretMyAbortion.com](http://www.IRegretMyAbortion.com)
- Memorialize your child publicly: [www.memorialfortheunborn.org](http://www.memorialfortheunborn.org)
- Volunteer at a Pregnancy Resource Center. As a woman who has experienced abortion, you are uniquely equipped to help a woman who may be considering that choice.
- You might want to sign an affidavit bearing witness to the hurt of abortion: [www.operationoutcry.org](http://www.operationoutcry.org)
- Prepare your testimony, which is basically your abortion story and includes how God has brought you peace and forgiveness. Preparing your testimony is very helpful if an opportunity to share it comes up in a one-on-one setting. You can also send it to the Campaign and we will post it online with your first name and state as the author.
- Join us at a Silent No More Awareness Event or Gathering. The first step for many in being silent no more is simply holding a sign that reads: “I Regret My Abortion” at an Event or Gathering.
- Consider becoming a Level 1 Regional Coordinator for the Silent No More Awareness Campaign in your community.

“I discovered that I was not alone, that there were other women like myself who regretted their abortion. Because of the SNMAC I was able to share with my children and some close friends. Opening up and surrendering the secret is when my healing began.”

## Campaign Goals

1. Reach out to people hurt by abortion, encouraging them to attend abortion after-care programs. Invite those who are ready to break the silence to join us in speaking the truth about abortion’s negative consequences and the hope found in healing.
2. Educate the public that abortion is harmful emotionally, physically and spiritually to women, men and families, so that it becomes unacceptable for anyone to recommend abortion as a ‘fix’ for a problem pregnancy.
3. Share our personal testimonies of hurt and healing to help others avoid the pain of abortion.



## Contact Us!

It will take some time to allow the blessings of your healing to take root in your life. In time, you can discern if God is calling you to be silent no more as another step in your healing journey. It is important to have the support and blessing of your family. We can direct you to some resources that will help you in “telling” those close to you.

We are happy to answer any questions or concerns you may have. Please don’t hesitate to contact the Campaign. If you know of others who would benefit from being silent no more, please refer them to us or our website.

[www.SilentNoMoreAwareness.org](http://www.SilentNoMoreAwareness.org)

“Silent No More has changed my life because it has given me the courage to speak up about my abortion story. I kept my abortion story a secret for 15 years. Knowing that there are other women in this situation with me, helps me know that I am not alone. We have a sisterhood that no one will understand. When I attended my first March for Life with Silent No More, I carried my “I Regret My Abortion”. I felt so ashamed. I thought people would judge me once I went public. Instead, they have welcomed me with open arms and have expressed their thankfulness for having the courage to speak up. Through SNMA, I have written and published my story. This has allowed me to meet other women who are going through an abortion decision or who have made an abortion decision and are looking for help and answers.”