

# What Help Do You Need To Continue Your Pregnancy?

Do you need:

- Real help with Housing problems?
- Childcare (with this child or other children)?
- Counselling?
- Financial help?
- Medical care/2<sup>nd</sup> opinion from a doctor?
- Advice on how to continue work/studies?
- Baby goods?
- Moral support?
- Just someone to talk to?

Why not get some advice from people who really care about you?



#### References:

- 1 - 11th Oct 2016 British Heart Foundation Press Office.
  - 2 - NHS Choices website.
  - 3 - 'It is entirely uncontested in science and medical literature that a foetus experiences pain in some capacity from as early as 8 weeks' - Dr Maureen Condic, PhD Associate Professor of Neurobiology & Anatomy at the University of Utah.
  - 4 - John Bonner, Eamon O'Dwyer, David Jenkins, Kieran O'Driscoll, Julia Vaughan, 'Statement by Obstetricians', Irish Times, 1st April 1992.
  - 5 - <https://www.nhs.uk/conditions/abortion/risks/#complications>
  - (6) Abortion & Breast Cancer - Is there a Link?  
<https://www.bcpinstitute.org/uploads/1/1/5/1/115111905/bcpi-abcbrochure.pdf>
  - 7 - British Medical Journal, 1991. Vol 302, pp. 137-140.
  - 8 - The European Journal of Public Health 2005 15 (5): 459-463, Injury deaths, suicides and homicides associated with pregnancy, Finland by Mika Gissler, Cynthia Berg, Marie Helene Bouvier-Colle and Pierre Buekens.
- All references correct at the time of printing.

All Services Offered  
Are Free And In  
Strict Confidentiality

**CONTACT US TODAY**

**THE WOMEN'S CENTRE**

**Tel: 020 7724 6465**

#### HURT BY AN ABORTION?

Are you suffering after a past abortion.  
Please get in contact.

**RACHEL'S VINEYARD**  
Healing the trauma of abortion

Call or text Rachel: 07734 059080  
[www.rachelsvineyard.org.uk](http://www.rachelsvineyard.org.uk)

**ARCH (Abortion Recovery Care Helpline)**

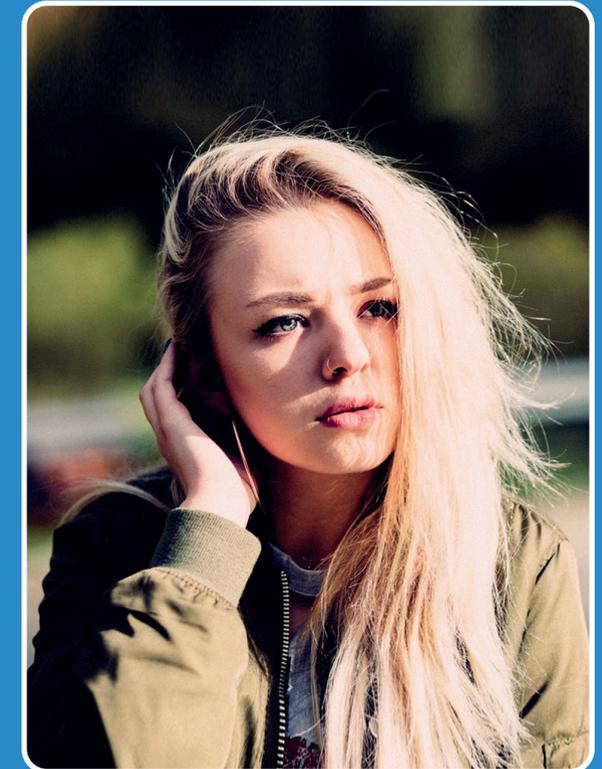
**Tel: 0845 603 8501**

Contact us today to talk about the help  
you need. Tel: 020 7724 6465

We can arrange to meet you at our  
Women's Centre to discuss the ways  
we can help you.

We are here for you, regardless of  
your legal status.

# Did You Know?



... that feelings of depression, anxiety  
or fear are common in the first weeks  
of pregnancy, even if the baby is  
'planned'. Don't let these doubts and  
moments of panic convince you that  
abortion is the only solution to a  
problem pregnancy.

## What Does It Mean To Be Pregnant?

Conception - scientifically speaking, a genetically complete, living human being is created. Although dependant on mum, and within her, he/she is clearly a biologically distinct individual

16 days - the heart starts to beat (1)

5 weeks - week 5 of pregnancy is the time of the first missed period, when most women are only just beginning to think they may be pregnant. The baby's nervous system is already developing, and the foundations for its major organs are in place. The heart is forming and blood begins to circulate. (2)

8 weeks - baby can experience pain. (3)



Baby at 8 - 10 weeks gestation

15 weeks - baby can hear the mother's heartbeat (2)

16 -24 weeks - the mother starts to feel her baby move (2) Ultrasound shows the baby has been moving for several weeks before this.

9 months - birth, another stage in the process of the developing human being.

Why not ask to see your scan as you have a right to know what stage you are at?

## What Do Doctors Say?

A group of top obstetricians & gynecologists have stated '... there are no medical circumstances justifying direct abortion, that is circumstances in which the life of a mother may only be saved by directly terminating the life of her unborn child.' (4)

## Is Abortion Safe?

Up to 1 in 10 abortions (approx.. 19,000 a year in England and Wales) result in infection of the womb. (5)

Up to 1 in 20 abortions (approx.. 9,500 a year in England and Wales) result in some of the baby remaining in the womb and may require further treatment. (5)

Up to 1 in 100 abortions damage the cervix (entrance to the womb) which could affect future pregnancies (approx.. 1,900 a year in England and Wales). (5)

Up to 1 in 100 abortions 'fail' and the baby is still alive afterwards (approx.. 1,900 a year in England and Wales). (5)

Evidence suggests that abortion may increase the risk of breast cancer. (6)

## Do You Feel Your Mental Health Is At Risk?

Pregnancy is a protective factor against suicide. (7) One study found that women who had abortions have six times higher rates of suicide than women who continue their pregnancies. (8)

## Here's what some Women who've had An abortion say:

'No one ever told me I would live with this decision for the rest of my life. It's been several years but my grief continues.'

'My doctor didn't tell me about the possible profuse bleeding and infection that lasted for weeks. And he never said anything about the possibility of the hysterectomy I had 8 months later.'



Let us give you a helping hand

'For me, the abortion was harder to get over than the rape.'

We are not here in a spirit of judgement but in one of love. No matter what situation you are in do not give in to discouragement and do not lose hope.

We can help you during your pregnancy and beyond, for as long as you need it. See the reverse of the leaflet for contact details.