

# abortion talk

## There is no right or wrong way to feel about your abortion...

Abortions are very common in the UK, but many of us do not feel able to talk about them. We may feel that we will be negatively judged for our abortion decisions. This feeling is abortion stigma. Stigma can silence us from talking about the range of thoughts and emotions we have about our abortions. But the simple act of talking can break down this stigma.

### Abortion Talk has a confidential Talkline

You can speak to our trained volunteers who are pro-choice and pro-voice. This means we respect your decisions and personal views. We aren't a counselling service, but we are a safe space for you to talk. You can talk to us about your experience of abortion care or supporting a loved one with their abortion decisions. You can also talk to us if you are thinking about having an abortion. Your call will be anonymous.



Call Abortion Talk:  
03330 909 266  
Or visit our website to use  
webchat  
Mon - Thu 7pm - 10pm

Calls are charged at your standard network rate.

[www.abortiontalk.com](http://www.abortiontalk.com)