### **RESOURCES**

#### To attend a Rachel's Vinevard Retreat in Maine:

Please leave a confidential message:

Call **207-321-7897** 

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Email projectrachel@portlanddiocese.org

# For more information about Project Rachel visit these websites:

www.rachelsvineyard.org

www.portlanddiocese.org/projectrachel

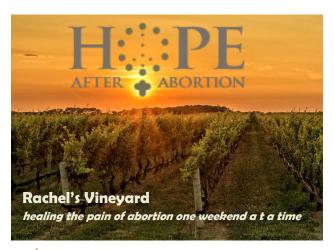
www.hopeafterhealing.org

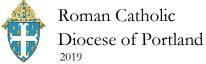


No Judgement Only Mercy

# **Project Rachel Ministry**

### **Post-Abortion Resource Guide**





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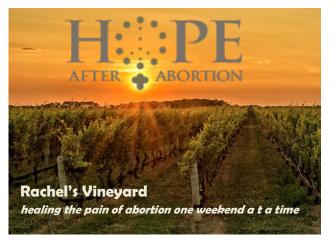
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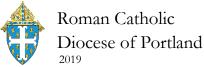


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# **Project Rachel Ministry**

## **Post-Abortion Resource Guide**





#### Post Abortion Trauma Is Real

- Traumatic loss may be felt by both women and men
- Prolonged and unresolved grief
- Experienced emotionally, psychologically, spiritually
- Decision often based on stress and fear
- Self-preservation can be strong

#### **Grief Symptoms**

- Fear of God for committing the "Unforgivable Sin"
- Guilt and Shame
- Silent Grief (hidden)
- Depression and Low Self-Esteem
- Self-harm and Self-medication
- Withdrawal from others
- Problems bonding with other children
- Deep Anger
- Sleep Problems
- Workaholism
- Anniversary Reactions

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#### Statistics to Know

- Since 1973 more than 60 million children have been destroyed by abortion. The CDC reported 638,169 in 2015 alone, 188 abortions per 1,000 live births.
- Post-abortive women experience a:
  - 61% increased risk of suicidal ideation
  - 31% increased risk of major depression

### How You Can Help When Approached

- Meet the post-abortive person where he or she is
- Acknowledge the person's pain, anger and fear
- Commend person for having the courage to seek help
- Offer your compassion
- Express God's great love, mercy and forgiveness
- Allow person to take time telling his/her story
  —you may be the first person to hear it
- Educate person on available resources and encourage attending a **Rachel's Vineyard Retreat**

# More than anything, the person needs FORGIVENESS + RECONCILIATION + MERCY

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