



## COUNSELLING SUPPORT AFTER AN ABORTION

Choosing to end a pregnancy is never easy. There may have been many confusing or conflicting thoughts going through your mind. Often the decision is made in difficult circumstances and done privately, so you may have no one around who knows what you have been through. If you do feel able to share with those around you, they may not know how best to support you. Our trained counsellors are here to listen to you without judgement, and create with great care, a safe space for you to share how you are feeling, and what impact your experience has had on you. Our counselling is free.

### FEELINGS

After the procedure there is often a sense of relief, however feelings of regret or loss are also possible, either immediately, months or many years later. Your emotions can vary in depth according to what's happening and where you are. If you think you would like to talk about how you're feeling, we are here to listen. You may feel unsure how talking can help, but giving voice to what you think and feel can help you understand why you feel as you do. Everyone is unique and so our counsellors are here to support you unconditionally as you process your emotions in a way that suits you best. Whether you have just had an abortion or it's now months or even years later, we are here for you.

Quote from a client's thank-you letter: *"I didn't know how talking itself was going to change anything, but I'm so glad I came. You have helped me be able to connect with myself and get my confidence back. Thank you so much."*

### OUR SERVICE

Jakin has Counsellors and Support Workers in Leicestershire, specifically trained in this area of Pregnancy Loss, who will help you explore the emotions you are feeling and help you make sense of them. Our counselling is free so that no-one is excluded. A call to Jakin will be answered by our counselling coordinator who, if you want counselling, will have a phone consultation with you to assess your needs and match you with an appropriate counsellor or support worker. During the pandemic, we offer telephone or video call counselling instead of face-to-face sessions. You can arrange a one-off session or for regular weekly or fortnightly sessions for up to two years. Once you have committed to counselling, we hope you will understand that it is important that you keep your appointments, knowing that others may be on our waiting-list, longing for their chance to get started.

### CONTACT US

Tel: 07599 397 938 Email: [support@jakin-counselling.co.uk](mailto:support@jakin-counselling.co.uk)  
<https://www.jakin-counselling.co.uk>

Please call, text or email Jakin 9am-5pm weekdays, whether you want to talk, know more about our service or wish to make an appointment. As explained, our Coordinator will take your call or message. Please leave a message on the answerphone if out-of-hours or if the coordinator is unavailable (as counselling). Face-to-Face Counselling sessions are no longer possible at the moment but telephone counselling or video calling is proving a good alternative during these restrictive times. (See our website for more details)