



NEED TO TALK WITH SOMEONE ABOUT YOUR ABORTION EXPERIENCES?

Text Exhale Pro-Voice for nonjudgemental
after-abortion support.

Available in the United States and Canada

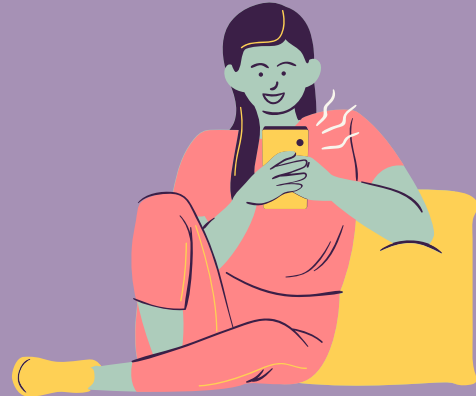
TEXT: 617-749-2948

Weekdays 3 p.m. - 9 p.m

Saturdays 1 p.m. - 9 p.m

Sundays 3 p.m. - 7 p.m

(U.S. Pacific Time)



OUR PURPOSE

The free, nonjudgemental Exhale Pro-Voice textline offers high-quality emotional support, information, and resources for all people after their abortions. The textline is also available to partners, parents, family members, friends, and allies - including mental health clinicians, abortion providers, doulas, and others offering abortion-related care. All texts are completely confidential.

YOUR FEELINGS ARE NORMAL

At Exhale Pro-Voice, we know that there is no "right" way to feel after an abortion. We also know that feelings of happiness, sadness, empowerment, anxiety, grief, relief, and guilt are common. Abortions can be hard to talk about and finding the right person to talk with can be difficult. Exhale Pro-Voice provides the opportunity to talk with someone who supports and respects you, in a safe and confidential environment.

WHEN YOU TEXT EXHALE PRO-VOICE...

Peer counselors equipped with nearly 30 hours of training and roleplay experience will support you with Pro-Voice counseling, which:

- Value your emotional wellbeing and welcome a full range of emotions
- Approaches you as a whole person, recognizing that many facets of your life are part of your abortion experiences
- Respects and works within your belief systems (religious, cultural, social, and political) to support your needs
- Works with you to discover new strategies to support your emotional wellbeing.
- Reflects back your strengths so that you can continue to learn and grow.

WHO TEXTS EXHALE PRO-VOICE?

People of all different backgrounds text Exhale Pro-Voice - and everyone's experience is unique! We hear from people who have had abortions, as well as their partners, parents, family members, friends, and allies - including mental health clinicians, abortion providers, doulas, and others offering abortion-related care.

According to our Textline survey, we hear from:

- People experiencing a range of emotions after their abortions - from sad and grieving, to angry, to relieved and empowered.
- People of all ages, some of whom had their abortions today, last week, last month, last year, and even decades ago.
- People who have had several abortions.
- People who have had abortions who are also parents.
- Black, Native, and people of color.
- Queer, trans, and gender diverse people.
- People of faith.
- People living across the United States and Canada

WWW.EXHALEPROVOICE.ORG