



## Key 2 - You Are Not Alone

If you've shared your abortion experience(s) with others, how did it go? If you haven't, what's keeping you from doing so?

What things will you do to take care of yourself while healing from your abortion experience(s)?

**Need help? Call, Text or Email our After Abortion Line:**

844-289-HOPE | [help@supportafterabortion.com](mailto:help@supportafterabortion.com)