

What our clients say

"Before coming to Cornerstone I couldn't talk about children or think about babies. I didn't want to be around pregnant women. The pain was too bad".

"I am now able to get up in the mornings without a debilitating feeling of sorrow and I'm able to get through my day without feeling like I'm not going to make it. The help and support I have received has been priceless".

"Your support has helped me to understand and process everything better. I feel stronger and more in control of the future. I feel more able to talk about the abortion".

"It has helped me get through my darkest thoughts and come out of my own personal storm".

**We are here to help you too.
Call us for confidential,
caring support**

Contact us

1a Trinity Place
Huntingdon
PE29 3QA

Phone: 01480 45 77 11

For Huntingdon area text: 07760 146411

For Cambridge area text: 07305 744592

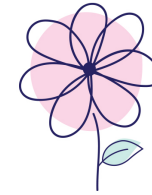
Email: info@pregnancyadvice.org.uk

Web: pregnancyadvice.org.uk



[/CornerstoneCareinConfidence](https://www.facebook.com/CornerstoneCareinConfidence)

Charity Number 1104599



Cornerstone

Pregnancy Advice Centre

Care in Confidence

Had a termination?

Feeling alone?

Distressed?



Call 01480 457711

For confidential counselling, caring support
and free pregnancy testing



Am I the only one that feels like this?

Some women may keep their abortion a secret as they may fear being judged or misunderstood. Partners too can sometimes need emotional support and are unsure how to react.

Symptoms will not necessarily appear at the same time, nor is any woman likely to experience the entire list. Some may occur immediately and others much later.

If you can identify with any of these symptoms our service could help you.

I've had an abortion

Although an abortion is something a woman may have chosen for various reasons at a difficult time in her life, it may still be an extremely painful emotional experience for her afterwards. Even if it was long time ago.

Following an abortion women vary in their responses to the experience; some may feel a sense of relief but later may have a mixture of reactions such as sadness, regret, loss, guilt or anger.

Many women find it difficult to understand why they feel the way they do. Some suffer in silence and, for them, life can seem overwhelming.

Is there any support for me?

Coming to terms with mixed emotions following an abortion is possible. Both men and women have already been helped with support from Cornerstone's post abortion programme. We can help you too. All our services are free.

If an abortion is part of your history and you would like to discuss your subsequent feelings, we are here to help.

