

Healing the Hearts

Project Rachel
of
Southern Illinois & Metro St. Louis



If you, or someone you know, is hurting after an abortion, resolving the grief and the pain is often difficult. Sometimes the experience is buried and the pain doesn't surface for years; then with the trigger of the birth of a child, or an anniversary of what would have been a milestone, it comes out in a crushing blow.

Project Rachel can help.

Project Rachel is a confidential means, for anyone suffering from abortion, to receive help in moving toward reconciliation with self, with God, and one's child.

Examples of abortion's aftermath:

- Low self-esteem
- Grief-Guilt-Shame-Anger
- Depression
- Sense of alienation
- Isolation
- Excessive need for control
- Difficulty concentrating
- Nightmares
- Eating or sleep disorder
- Suicidal thoughts
- Drug and alcohol abuse
- Physical numbness
- Hyperalertness
- Difficulties in subsequent pregnancies
- Abusive relationships

Contact: 800-618-HEAL(4325)

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