



You can help someone who is choosing an abortion by trusting them. Let them make the choice that feels best for them. Though, it may feel hard to talk about abortion while also making sense of your own thoughts and feelings.

Here are some facts:

- » Abortion is a legal and safe medical procedure in Canada.
- » About 1/3 of people in North America who can become pregnant will likely have an abortion in their lifetime.
- » There are two types of abortions offered in Canada: medical and surgical.
- » Medical abortion uses two types of medication to end a pregnancy. In Canada, it is available for people up to 9 weeks pregnant.
- » Surgical abortion ends pregnancy through a procedure to remove the contents of the uterus. In Manitoba, it is available for people who are up to 19 weeks 6 days pregnant.
- » People do not need the permission of a partner or parent to have an abortion in Canada.

How to help someone who is choosing an abortion:

- » Respect the ways they want to have you involved in their choice.
- » Provide chances for them to talk about their choice with you.
- » Learn about abortion from pro-choice sources. Our website [www.womenshealthclinic.org](http://www.womenshealthclinic.org) offers facts about abortion.
- » Think about your expectations and assumptions about abortion. Consider how they may affect how you talk about abortion,
- » Reflect on your own thoughts and feelings about abortion, but avoid trying to talk someone out of their choice or shaming them for it.
- » Offer help: Take them to and from their appointment, provide childcare, etc.
- » Offer to help pay for their birth control and safer sex supplies.
- » Help them care for themselves after an abortion. Read the post abortion care instructions from the clinic or hospital.
- » Attend a ceremony, if they want to have one.
- » Support their right to make this choice for themselves by respecting their thoughts and feelings.

Take care of yourself. Acknowledge your own thoughts and feelings. It can help to talk to a counsellor or someone you trust. These places offer support:

- » Klinik Drop-In Counselling information line: 204-784-4067
- » Klinik 24 hour Crisis Line: 204-986-8686 (in Winnipeg) or toll free 1-888-322-3019 (outside Winnipeg).
- » Family Dynamics Drop-In Counselling: 204-947-1401

For more information on how to access services, please call Women's Health Clinic Counselling Intake at 204-947-2422 ext. 204.