

Getting in touch

Phone: 020 8892 8483. If we can't take your call, please leave a message and we will call you back within 24 hours.

In person: Visit our Centre, phone to make an appointment or use the link from our website to **contact us:** www.crosswaypregnancy.org.uk

Alternatively, you can find your local centre on the CareConfidential website (a national network of centres such as ours) at www.CareConfidential.com or even chat with an on-line advisor if you prefer.

How to find us

Address: The Crossway,
306 Richmond Road,
Twickenham, TW1 2PD.

Directions: Rail: a short walk from St Margaret's rail station or 15–20 minutes walk from Richmond station
Bus: buses 33, 490, H22, R70, R68, from Richmond or Twickenham stop outside The Crossway. H37 from Hounslow stops outside Poplar Court on St Margaret's Road. We are in The Crossway building beside St Stephen's Church – entrance is via a small gate, which has a sign for the Centre.



Had an abortion?



Want to talk?

Free, confidential support following an abortion

www.crosswaypregnancy.org.uk

Phone: 020 8892 8483

Text: 07776 482350

Post-abortion support



Having an abortion is a difficult decision that lots of women have made at some stage in their

lives, often without much support.

For many women the experience can be a sad one. Some women struggle to come to terms with having had an abortion.

This can leave them with painful, confused feelings which can last for many years.

“ During the summer I realised that I had in no way come to terms with a termination which had taken place about two and a half years ago...”

Are my feelings normal?

Women respond in different ways to having an abortion, and their feelings can change over time.

Women have reported feeling a mix of emotions, and some women become very depressed. You may experience:

- Relief and a sense of release
- Guilt, grief, a sense of loss, anger, depression
- A need to ‘replace’ the pregnancy
- Difficulty being near babies or pregnant women
- Difficulty sleeping, disturbing dreams, flashbacks
- Difficulty in relationships

Post-abortion support

If you are experiencing any painful emotions following an abortion, support is available for you.

‘The Journey’

At Crossway Pregnancy Crisis Centre we offer a programme for women who are troubled by an abortion. ‘The Journey’ is a step-by-step path to post-abortion recovery. Going through The Journey has helped many women deal with the experience of having had an abortion.

“ It has allowed me to express all my hidden feelings and made me face up to my decision, let go of the past and look forward to the future.”

Physical symptoms

If you experience any pain or other physical symptoms following an abortion, talk to the clinic or your GP, or visit www.nhs.uk

All our services are free and confidential