



PSYCHOLOGICAL EFFECTS OF UNSAFE ABORTION

Namhla Mbadu
Syked therapist

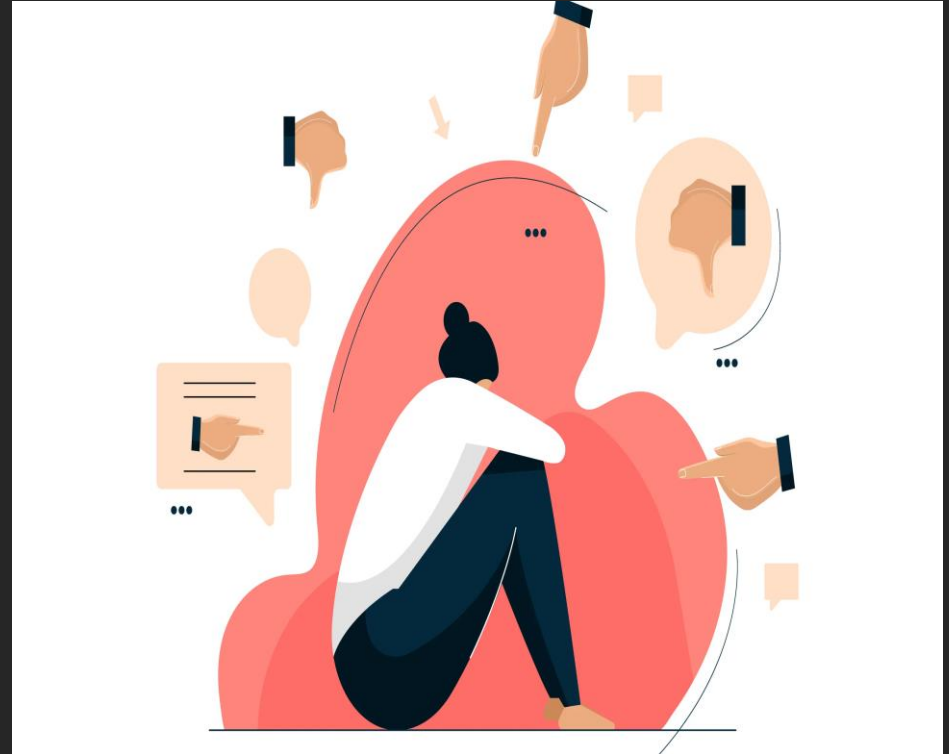


AGENDA

- Mental aftermath of an abortion
- Psychological impact of unsafe abortions
- Links between unsafe abortions and gender-based violence
- Coping skills

MENTAL AFTERMATH OF AN ABORTION

- Common emotional responses:
 - Relief
 - Sadness and grief
 - Guilt and shame
 - Anxiety and worry
- Less common but possible responses
 - Depression
 - Post-Traumatic Stress Disorder (PTSD)
 - Emotional numbing



FACTORS INFLUENCING PSYCHOLOGICAL IMPACT

- Personal beliefs and values
- Social support
- Pre-existing mental health conditions
- Circumstances surrounding the abortion



LINKS BETWEEN UNSAFE ABORTIONS AND GENDER-BASED VIOLENCE

- Coercion and control
- Limited access to safe abortion
- Intimate partner violence
- Sexual violence and exploitation
- Stigma and shame
- Health consequences
- Intersectional vulnerabilities
- Pre-existing mental health conditions



COPING STRATEGIES

- Practice self-compassion
- Engage in self-care
- Seek social support
- Reframe negative thoughts
- Seek professional help



THANK YOU

