

## Why do men need help?

It is always healthy for men who have been affected by an abortion to grieve for the loss of their child and to find closure and healing from their past. Forgiveness and healing are available. They can experience restoration and strengthening in their true marital and parental identities.

Antidepressants may help but do not resolve the core issues and can still bring a higher risk of suicide. Millions of men have lost a child by an abortion. Don't allow lost fatherhood remain a hidden experience governed by shame, guilt and thoughts of "what might have been". The connection between the abortion and your pain is real. You know it better than anyone.

It is possible for men to be released from the harmful consequences of a past abortion. They can leave behind the old, crippling habits of abandoning and disappointing others.

## What about a miscarriage or still birth?

This is a closely related situation and for men to grieve for the loss of their child and to find closure and healing is just as important. If this is your experience then ask how we can support you in your recovery.

In a SaveOne course you will find help in a safe and confidential environment.



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## Men's Stories

**Timothy** - "I don't love you enough to have your children" was the only explanation I received from my girlfriend, who would have been the mother of my child. During those years of pain, guilt, and shame, it never occurred to me that maybe it was because I needed inner healing. I thought I was "over it" and had moved on only to find out there was still hurt and grief for the lost child. Through SaveOne I have found forgiveness, healing, and an inner peace that comes from knowing God still loves me.

**Jerome** - We met and loved each other, had our future planned out and a child had no place even though I professed to be a Christian. We married and moved to a new life together but what I had seen as the 'solution' was the start of a journey through years of pain, avoidance, emotional withdrawal and the impending end to our marriage. Through SaveOne we too found freedom and restoration, I am at peace with myself and my heart is alive again. My relationship and marriage are restored, I could ask my wife for forgiveness and we have been blessed with a further child. There is a depth of feeling for each other now that we had never experienced before.

**Philip** - We love children and were expecting our third child when we were advised that the child could be disabled. We talked endlessly to doctors and experts but reluctantly decided against the child as we did not have the strength to cope with a disabled child as well. My confidence and strength as a man and father was robbed through self-blame, my wife suffered from depression, we both drank to try to drown the pain and sorrow. Although totally sceptical at the start, through SaveOne we found forgiveness for ourselves and each other, an end to depression and a new strength from knowing God for the first time. We have now been blessed with a new born foster child too; so we are three again.

**Alexander** - As the child of an abortive mother and the father of an aborted child I was left with many emotional scars. My relationships were often short lived, I was regularly losing my job as I felt unworthy and took the role of scapegoat for every problem. My marriage was a mess, I was emotionally bound and was totally isolated from my feelings. At the same time I had an irrational rage and anger, often about every small thing. Through SaveOne I found that I could forgive myself, receive forgiveness and the anger and rage are finally gone.

### Men's Course Registration

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SaveOne Leaders Training is also available as well as other courses for couples, women and siblings - please ask for details.

[www.saveoneeurope.org](http://www.saveoneeurope.org)

## Post-Abortion Stress in Men

How abortion affects men  
and how they can be helped

