

CONTRACEPTION AND PREGNANCY

What is an abortion and why do people have them?

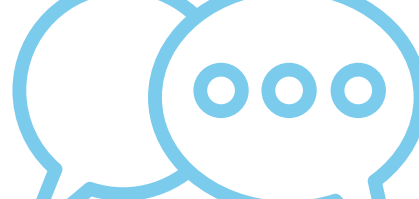
KEY WORDS 

abortion | pregnancy | health | support



No matter someone's age, circumstances or relationship status, deciding whether to have an abortion is a **deeply personal choice**. An abortion is when a pregnancy is ended so that it doesn't result in the birth of a child. It can also be called a '**termination of pregnancy**'. There are two types of abortions available to women today in most parts of the world – medical (by taking a pill) and surgical (by having a minor operation to remove the fetus).

Women may consider abortion for reasons ranging from saving their health to avoiding challenging life circumstances. This is **not an easy decision** to make: it requires weighing all available options with care and consideration and choosing what's best for oneself.

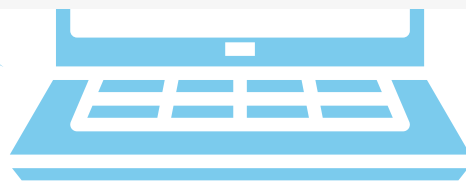


The health of the mother or the fetus is one factor in the decision-making process. Complications during pregnancy can pose serious risks to a woman's **physical and mental well-being**. In situations where the mother's health is at stake or there's a risk of life-threatening complications, abortion may be deemed necessary to ensure the mother's safety.

In the same vein, **issues with the fetus** can also play a role when deciding whether have an abortion. Advances in medical technology now allow for the early detection of certain disorders the baby may have. When faced with the possibility of the child growing up with or dying shortly after birth due to severe difficulties that endanger the quality of their life, women may see abortion as the only available choice.

A woman's **financial or social situation** may contribute to her decision to have an abortion, too. Factors that could be considered too overwhelming are: financial instability, lack of support, or an inability to provide a stable environment for a child.

It's important to have **compassion and understanding** for all of these reasons. This is why approaching the topic of abortion with sensitivity is important, because no two people are in the same situation, but they all deserve to be supported and respected, no matter their choice.



As a society we should advocate for **supportive healthcare systems** that provide safe and legal abortion services, **non-judgmental counseling, and access to accurate information** so that we all can make informed choices about our reproductive health.

If you or someone you know is dealing with this situation, know that the emotional side of abortion is really tough and different for everyone. It's totally normal to feel a mix of emotions like relief, sadness, or uncertainty. Some people might feel empowered by their decision, while others struggle with guilt or pressure from society.

Talking to someone you trust or joining a support group can be a big help in sorting through these emotions and finding peace with your decision. We also have an [infographic](#) that you can check out here if you're interested in how the law treats abortion across Europe.

There is help every step of the way – your wellbeing is what's most important.

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