



# When To Think About Seeking Counseling After An Abortion And Where To Find Support

Abortion, regardless of its type (surgical, medical, self-managed, or inician-supported), is a safe process. After the [abortion](#), it's generally recommended to rest and ensure personal comfort. During this time, it is essential to talk to your close ones as they can help you in going through this without overthinking and stressing yourself much. There's always someone to listen to when there's someone to share their story.



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