

# ABORTION DOES NOT CAUSE MENTAL HEALTH HARM

Findings from a 5-year longitudinal study on the effects of having or being denied an abortion on women's mental health & well-being

Denying women an abortion has negative effects on their mental health and well-being in the short-term. **Women who were denied an abortion experienced more anxiety, lower self-esteem and less life satisfaction** than women who had a wanted abortion.

Study of nearly **1,000** women from 30 abortion facilities in 21 states

**There is no evidence of emerging mental health problems after having an abortion for at least five years.** Women who had and women who were denied an abortion showed general improvements in their psychological well-being over time.

