

Hi, I'm Millie Lace. As a licensed mental health counselor and director of Concepts of Truth's international helpline for reproductive loss and informed trauma care whose staff has heard the stories of abortion trauma from over 20,000 callers, I can truly say that women are better off since the overturning of *Roe v. Wade*. Abortion hurts women.

And, now there is a devastating need for women to be informed as to the risk of trauma associated with medication/chemical abortions. Our helpline is hearing from women who are at home without medical supervision screaming because they do not want to flush their baby down the toilet. They are traumatized seeing that they have destroyed a human life. Women need to know that all 50 states have Safe Haven laws which are a healthier alternative than abortion.

Women deserve agenda-free health care. The Institute for Women's Health states, "Healthy women are the foundation for healthy families, and healthy families are essential to the health of our communities and societies."

I can still remember the sign that said **"Save Your Baby"**. I crouched down in the seat of the car and told my husband, **"They don't know why we are here, do they?"** You see, I didn't think I was killing a baby but just getting rid of harmful tissue. My doctor told me that my life was in danger for I had been taking an experimental drug for a tumor on my bladder when I became pregnant.

He said I must have a D & C quickly before the baby's heart started beating. I was seven weeks pregnant, and a mother's health exception candidate for abortion, but the doctor never used that word. He referred me to an abortion facility. I remember the cold table and the almost empty room. Immediately afterwards I had mental anguish and started hemorrhaging. I wanted to punish myself during the next pregnancy.

I repressed the event for over 12 years, continually had many pelvic infections, endometriosis, and had to have a hysterectomy at an early age.

The nurse said, **"This will be over quickly," but that has not been true in my experience. I will have regret for the rest of my life and so will my husband.** Yes, abortion hurts men too. It hurts families. Abortion affects as many lives as a single life could. We experience grief, fear, anxiety, depression, drug and alcohol abuse, suicidal thoughts and attempts, nightmares, relationship problems and the list goes on and on.

If you are hurting after abortion, there is hope and healing. Call Concepts of Truth's 24/7 International Helpline 866.482.LIFE (5433). Thank you.



Contact: Millie Lace, MSE, LPC-S, BCTMHP, Founder/Director  
Concepts of Truth International

Email: [millie@conceptsoftruth.org](mailto:millie@conceptsoftruth.org)

Cell: 870.208-6095 Office: 870-238-4329

<https://www.conceptsoftruth.org/> 24/7 International Helpline 866.482.LIFE

*Millie Lace, MSE, LPC-S, BCTMHP, received a Master's Degree in Counseling Education from Arkansas State University in 1991 and was licensed in Arkansas as a Licensed Professional Counselor in 2000. Millie received her Specialization in Supervision from John Brown University, Siloam Springs, Arkansas in 2004 and received her Specialization in Technology-Assisted Counseling in 2013. She is the founder and director of Concepts of Truth International, a non-profit professional counseling center since 2001 in Wynne, Arkansas. Concepts of Truth Inc. is in consultative status with the Economic & Social Council at the United Nations since 2015. The center directs a 24/7 first responder helpline for reproductive loss and trauma informed care, offers professional counseling, training, and sexual health classes. Millie, with her staff, has co-authored Concepts of Recovery The Journey abortion recovery curriculum endorsed by Focus on the Family and Concepts of Sexual Health Sex & You, a prevention curriculum for the public schools. Millie has presented at the United Nations in various conferences since 2005 and has served as president of the Arkansas Mental Health Counselor's Association. Her abortion story has been featured on TV, radio, in various books, and in documentaries.*