

Experienced  
Domestic  
Violence?

'Life  
Saving'

We can help  
you Recover  
your Mental  
Health



[support@youmysister.org.uk](mailto:support@youmysister.org.uk)  
[www.youmysister.org.uk](http://www.youmysister.org.uk)

**YOU MY  
SISTER**  
SUPPORTING  
SURVIVORS

We run mental health support programmes (with trainers with lived experience) for women who have experienced domestic abuse

'I stopped blaming myself'

'Broke my isolation'

We help you process what happened, move away from shame and self blame and look to the future

Contact us for a friendly chat and to find out more  
[support@youmysister.org.uk](mailto:support@youmysister.org.uk) 07405 457 734