

**Unique Mental
Health Support for
your Clients**

**Education &
Training for your
Organisation**

You My Sister
Reg Charity no. 1189815
www.youmysister.org.uk
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Supporting Your Clients

You My Sister offers bespoke mental health recovery programmes to support those who have experienced the sex trade, domestic violence or other abuse.

We offer a unique, specialist, high impact package – essential in best supporting your clients' long term wellbeing and meeting your targets.

Education, Training, Consultancy

Our understanding of the sex industries is unparalleled. We can assist services in prevention and exiting. And we can work with businesses to help prevent harassment claims due to staff or business use of the sex trade.

Supporting Your Clients

We are unique in the violence against women sector in using the Recovery College Model for mental health support - globally recognised as high impact & low cost.

Our programmes are created and delivered with peers (women with lived experience) to small groups - providing unparalleled peer support, understanding & recovery.

We have 3 tailor-made programmes:

After Domestic Abuse

After The Sex Trade

Recovering from Trauma

Contact us for details of
each programme

100% of participants rate our programmes as 'Excellent', even 'Life Saving' - reporting reduced isolation and improved self esteem, confidence in managing their wellbeing and hope of a life away from abuse.

'I would go so far as to call
this Life Saving'

Some beneficiaries have gone on to volunteer or enter part time work. Some have felt able to disclose to close friends or family for the first time.

'You My Sister has
really helped with my
mental wellbeing'

Training & Education

We can help services best support clients in, exiting or exited the sex industries.

And we can work with schools and universities to help prevent vulnerable young people from entering the sex trades.

We use a tailored approach, working with you to make sure our intervention is targeted and addresses your needs.

And, because we use the expertise of survivors, our offer is highly relevant & impactful.

Contact Us

Contact us to discuss how we
can help you support your
clients, provide training to your
organisation and best help you
meet your targets

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