Sarah’s story

Hello, My name’s Sarah.

A friend told me about My Sisters’ House after learning I had been in a violent relationship.

I was struggling with post traumatic stress disorder and depression and anxiety. But the support from our mental health system was inconsistent and I felt I was not getting any better.

Recently, after three years, I was signed off by the system, saying that they no longer were pursuing long-term cases. I was told if I needed to, I could get my GP to re-refer me back to them. I felt completely abandoned and desperately wanted to get better.

The minute I contacted My Sisters’ House I no longer felt alone or misunderstood, or that my life was worthless.

They helped me to make some sort of sense of what happened to me, that it wasn’t my fault, that I didn’t have to be afraid or remain isolated. I can pick up the phone, I can drop in to a safe environment for a cuppa and a chat or even get a much-needed hug if I need one.

There are peer groups here, and sharing our stories with others helps us realise we are not alone.

I’ve had more support from My Sisters' House in the past few months than in 3 years from the mental health system.

I dread to think where I would be now if it wasn't for My Sisters' House.

Sadly there are too many women out there like me. I was afraid, I was vulnerable and at times suicidal. Knowing My Sisters’ House were there for me 100% is truly helping my recovery progress now. They are essential for enhancing our lives and even saving our lives. So please support My Sisters’ House.