



- Created by a Vida Service User

# vida

life without abuse

Vida Sheffield supports women and girls **who have experienced domestic & sexual abuse**, which could have happened years in their past. Abused women are 3x more likely to experience long-term mental health problems and a high percentage say they feel suicidal.

Sadly, we receive **no statutory funding**. We rely on grant fundraising and ordinary fundraising to deliver this important service.

This is where *we need your help*.



Could pay for one hour of 1-2-1 trauma-focused therapy for a woman feeling suicidal after domestic abuse.



Could pay for a monthly professional supervision, enabling our volunteer therapists to provide 20 hours of 1-2-1 support to traumatised women.



Is enough to pay our full costs over a year to support a woman who is feeling suicidal because of domestic abuse.

*"Vida's Eva Therapy Service has saved my life and given me new hope".*

- Client Feedback



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