

Vida Interview with Service User N

What were you struggling with before you found Vida?

I was feeling really isolated and felt like Vida was a safe place. Feeling alone and not safe, I didn't know where to go. Vida was nice place to go to.

How long after you experienced abuse did you find help and support?

A few months later after I left the situation.

What did the support from Vida look like?

I found Vida amazing and like a safe zone. Somewhere to go where I was safe. Everyone is in the same shoes as you and no one judges. Everyone is living in the same kind of bubble and you get lots of support from others.

What was the most helpful?

Coming to a safe place where I could breathe. Counselling and support from a professional were most helpful.

What does life look like for you now?

I am feeling a lot better and stronger.

What would you say to a woman who was looking for support following experience of abuse?

It's a great place to go to where you won't feel alone and you will get great support. It is like another family.