

13 Reasons To Carry On, advice from a survivor

This information is from a range of self-help sheets written by survivors for survivors. The words were carefully chosen to let you and other survivors know that you're not alone, and it is possible to have a hopeful, confident future.

I found things became overwhelming for me after I was abused, I often didn't want to carry on. With the right support though my life became positive again. If you're going through a tough time I hope you will find comfort in my words.

1. It is ok not to be ok; loss, pain and despair are not signs of weakness.
2. You might not know where to find it yet, but there is still hope.
3. There are people who believe in you and will listen and care.
4. Even if you don't realise it yet, you have the strength to move beyond this temporary despair and pain.
5. Don't be ashamed to talk to someone who will listen, your friends or family, a neighbour, a counsellor. RSVP can support you too.
6. Things will begin to get better, light always follows darkness.
7. You deserve much more than ending your life, you are precious and have a lot to give the world.
8. Hurting yourself will also hurt the ones that love and care for you.
9. Nowhere in the world is there anyone else like you; the world needs you, embrace your uniqueness.
10. A permanent solution is not a good fix for a temporary issue.
11. The way you feel now will be different in a day, week, month or year; give yourself a chance to know how you will feel in another moment.
12. Write down your feelings and thoughts, they might look different on paper.
13. When things are tough keep plodding on to give yourself a chance to feel better again; you just don't know what good might be around the corner.

RSVP services: 0121 643 0301 Helpline: 0121 643 4136 Email: info@rsvporg.co.uk



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You don't need to deal with the effects of sexual violence, sexual assault or sexual abuse alone. RSVP are here to offer support to survivors, to enable you to live a life with hope and confidence which is free from abuse.

We offer:

- Specialist counselling for survivors and their supporters
- Independent sexual violence advocates (ISVAS) to assist you through criminal or civil proceedings or in crisis, whether you have reported or not
- Social groups and coffee mornings focusing on self-help
- Emotional support on the telephone helpline 0121 643 4136

These are some of our services. For more ways we can support you contact:-

☎ 0121 643 0301

@ info@rsvporg.co.uk

@ isva@rsvporg.co.uk

@ www.rsvporg.co.uk/services

🐦 @RSVP_West_Mids

f facebook.com/RSVPWM

📷 instagram.com/RSVPWM

"I feel more sociable and happier in myself."

This self-help sheet may be photocopied under the following conditions:

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