

The Impact of GINA's Support: Abbie's Story

Having spent my teenage years experiencing sexual trauma [and] domestic abuse from a man almost 10 years my senior, who was placed in a position of trust, I started counselling sessions with GINA CIC three weeks after I had undertaken a video recorded interview with West Midlands Police, the most horrific, intense and exposing experience of my life.

Through the support I was able to say his name and associate my trauma back to him, helping me process what happened to me.

Without the support of GINA, I would not have got through the police investigation without being further traumatised and has allowed me to excel in life, both professionally and personally, become a mum which is something I never thought would be possible. I am so proud to now support GINA and give back to a service which has allowed me to continue living a life after trauma, and no longer being ashamed or fearful of what happened to me.

For the First Time in My Trauma Journey, I Didn't Dread Discussing My Trauma.

When opening the GINA website for the first time, I was positively overwhelmed at the extent of the information and resources that are freely and easily accessible. The website was developed in a trauma informed way, ensuring that those who entered the website were able to find the support or information they needed at the time.

GINA is a one of a kind organisation, being the only private specialist support provider in the UK offering services to women who have been subjected to sexual trauma. The flexibility to have telephone sessions meant I was able to access support with no impact on my career.



Abbie's Story

