

Harmed
in the Sex
Industry?

We can help
you Recover
your Mental
Health

**YOU MY
SISTER**

**SUPPORTING
SURVIVORS**

support@youmysister.org.uk
www.youmysister.org.uk



We run mental health support programmes (with trainers with lived experience) for women who have been harmed in any part of the porn or sex industry

'Amazing Peer Support'

'Life Saving'

We help you process what happened to you, reduce isolation and self blame and look to the future

Contact us for a friendly chat and to find out more
support@youmysister.org.uk 07405 457 734