

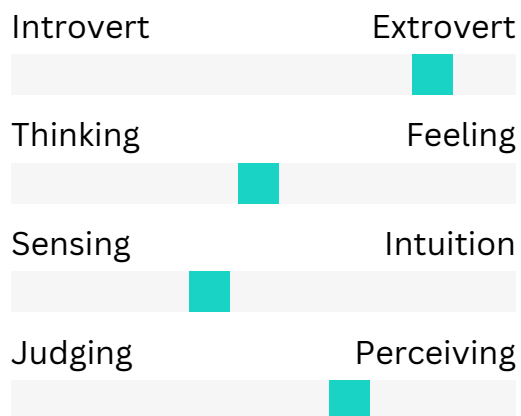
# Harriet



“Crisis happens. Everybody jumps in. Everybody who looks after you and then everybody goes.”

Age: **38**  
Work: **N/A**  
Family: **One child**  
Location: **Shepton Mallet**

## Personality



Practical

Trauma

Childcare

## Goals/needs

- Moral support
- Help to heal her own trauma and that of her child
- Practical advice for a situation that has happened in relation to her child and ongoing relationship with the perpetrator
- To talk to other parents in similar situations

## Bio

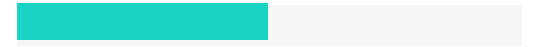
Harriet has one primary school aged child and she has a child custody arrangement in place. She owns her own home and lives away from her family.

Harriet did not recognise gaslighting or that what she perceived as an unhealthy relationship was coercive and emotional abuse. Harriet left the abusive relationship after a violent episode. She feels let down by some services she has used in the past.

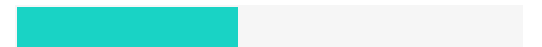
Harriet feel she needs ongoing support for her children and her own mental health.

## Context

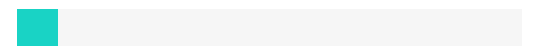
Stress/anxiety



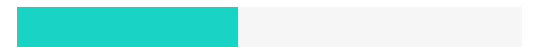
Confidence



Risk level



Urgency



Time available



## Frustrations

- Not being able to find information to help my child
- Not being able to find information to support in my circumstances
- Long waiting lists for counselling

### Finds it helpful when:

- Support is clearly signposted and consistent
- I can speak to others or read about contexts similar to my own