



2022-2023

Survive is the only local charity offering a range of specialist, trauma informed services for adult survivors of sexual violence and abuse.

1,589 PEOPLE

were supported by our services in 2022-2023

Female

87%

Male

10%

Trans/intersex/
non binary

3%

18

Years old

AND ALL AGES IN-BETWEEN

85

Years old

Key up!

Survive supports adult survivors in York, North Yorkshire and East Riding of Yorkshire.



4,095

Hours of support work, counselling, trauma work and EMDR.

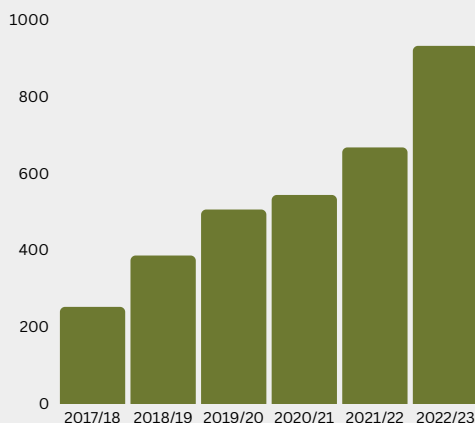


98%

of survivors felt empowered, in control and able to make informed decisions after using our services*.

“Survive has changed my outlook on life”.

Survivor who used Survive's services.



Survive has seen a

350%

increase in referrals in just six years.

To donate, please head to:
www.survive-northyorks.org.uk/donate

01904 638 813

25 Micklegate, York YO1 6JH

www.survive-northyorks.org.uk

*Results from 126 feedback surveys Jan-Dec 2022 following support from Survive.



2022-2023

Survive is the only local charity offering a range of specialist, trauma informed services for adult survivors of sexual violence and abuse.

Survive helps survivors rebuild their lives, relationships and reach their potential.

Many survivors of sexual violence will suffer with mental health problems, conditions and disorders, such as:

- Panic attacks
- Substance abuse
- Shame
- Guilt
- Depression
- Flashbacks
- Eating disorders
- Nightmares
- Anxiety

After using *Survive* services*:



felt better able to cope with aspects of everyday life.



could cope better with their feelings and emotions.



Survive saw a

40%

increase in referrals, in 2022-2023, compared to 2021-2022.

“My mental health improved after using Survive’s services.”*

Our services are

trauma informed

meaning we understand and recognise the ways trauma can affect someone and respond in a compassionate and caring way.



99%

felt supported, listened to and understood by our team*.

“Life is a journey. The work done with Survive significantly eased the burden I felt and helped me move on in my journey forward”

Survivor who used *Survive*’s services.



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