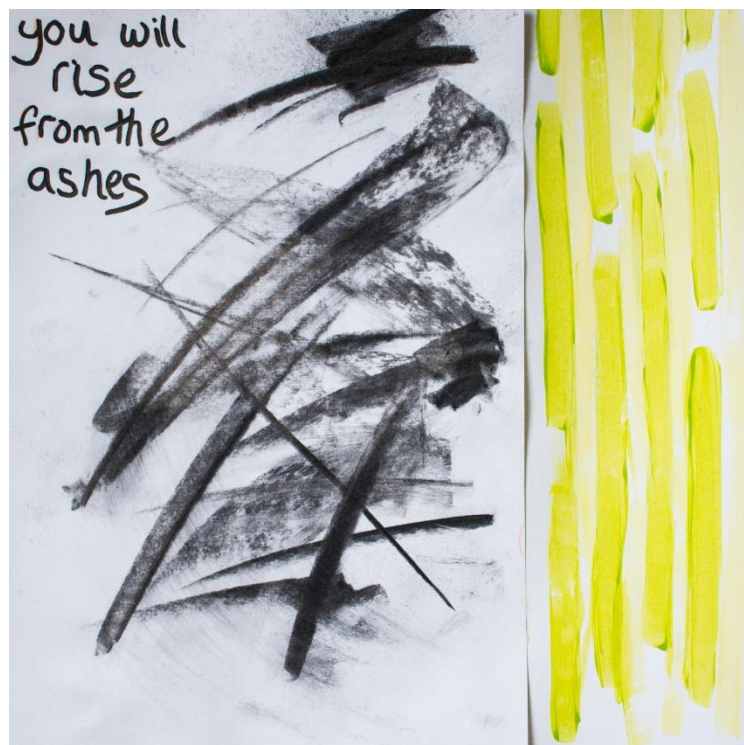


Messages of Hope

Learning to build trust and safety can be scary if you haven't felt these before, but everyone deserves to be unharmed and protected - especially survivors of abuse. As a result of the pandemic, domestic abuse rose at an alarming rate. The *Safe, Seen, Supported* project was created by survivor researchers in response to this, to establish how best to reach and help children and young people at risk of abuse in their household: we asked survivors and those who support them, and we drafted a report with key actions and recommendations.

As part of *Safe, Seen, Supported*, at a survivor art workshop held at the Centre for Society and Mental Health Festival, **messages of hope** were created by and for survivors:



Check out our website for the full report: <https://survivorsvoices.org/safe-seen-supported/>