



Survivors Stories DVD

Audio Transcripts: Sue

Sue Short Clip

So when I finally got divorced and got into another home and put the key in the door and knowing I would be safe, I thought that would be the end of all my unhappiness and problems, but it was the start of more because I just locked everything that happened to me away. And of course I had nothing more to fight for. I'd reached my goal. And then things started to come back and haunt me. I'd have nightmares and then I became depressed which then made me ill, physical symptoms of illness.

My GP was very good I must admit. He sent me for counselling, which was only for one session, which wasn't a great deal of help but at least he did try. She said I hadn't got depression, it was post traumatic stress syndrome from what I'd been through.

I never thought I was suffering from post-traumatic stress disorder. Why would I? But then thinking about it, you're living in a war zone everyday, so why wouldn't you suffer from post-traumatic stress disorder? Just because it's normal to you, it's normal to your mind and you can't cope with it.

My employers didn't have a good response to that. They didn't really help in any way or give any support or offer any support. It was just a case of, "Ah well it happens. Get on with it." I would say I lost my job because of what had happened to me with my ex husband and the violence and mental abuse he put me through.