

## Submission 10

I would like to present to you a story that backs up the latest findings from The World Health Organisation, that 1 in 3 people are victims of the above. I am hoping that sharing my story, will help other people come forward and get the help they need, plus try to make the general population not stigmatise PTSD ..... please can you help?

I am willing to share my story and the effects that it has had on my life.....

I am a 52 year old woman, who due to the above, has lost everything .... My home, my family, my job, been made bankrupt, lost friends, the care of my daughter, plus a considerable amount of memory which includes all my work skills.

Bullet points;

Abused emotionally and physically as a child. Mother left, and at the age of 16, I left home, worked and lived hotels then at 18 put myself through College. Trained in hotel Management in London and Paris. In the space of 4 years was the victim of 3 sexual assaults in the workplace.

Back in [REDACTED], at a very prestigious hotel, I was seriously assaulted, both sexually and physically to such an extent I was un-recognisable. [REDACTED]  
[REDACTED] The hotel management sent me away for 6 weeks, and refused to help as they did not want bad publicity, [REDACTED]  
[REDACTED].

I changed careers and went into advertising where as a female, I was always being talked to by male staff and clients in a very harassing manner. I just ignored it and got on with the job. I was too scared to talk, buried it all and put on a mask.

In my late twenties, I married, then became a victim of domestic violence. [REDACTED]  
[REDACTED]  
[REDACTED]

[REDACTED]  
[REDACTED]  
[REDACTED]

STOP THE STIGMA – THE REAL CONSEQUENCES OF PTSD AND COMPLEX TRAUMA FROM SEXUAL HARASSMENT AND BULLYING IN THE WORKPLACE AND IN PRIVATE

[REDACTED]

[REDACTED]

[REDACTED]

I was working all the time on temporary contracts, with Government departments, then I got a permanent job with a construction Company. It was there, that I became a victim of sexual harassment and bullying. Being asked to be the MD's "Fluffer", had signs put up by my desk which were photographs of me at my desk, with the term menopause alley written on it. Plus various other daily comments.

It was all too much. I shut down. Mind and body, I was hospitalised sought legal assistance, and commenced treatment including ECT. [REDACTED]

[REDACTED]

The following 12 months were hell.

STOP THE STIGMA – THE REAL CONSEQUENCES OF PTSD AND COMPLEX TRAUMA FROM SEXUAL HARASSMENT AND BULLYING IN THE WORKPLACE AND IN PRIVATE

Sadly, due to everything I was finally diagnosed with PTSD. All the trauma of my life came to the forefront of my mind. The consequences of it all, was that I have lost 31/5 years of memory and all my work skills. I lost more friends, lost my home, made bankrupt. No wanted anything to do with me as obviously I was crazy!

Slowly this year I have started the journey of dealing with the traumas. I have had so many sessions of counselling, trauma therapy, CBT, DBT, been put through a series of interviews and assessments with Occupational therapists, psychiatrists, psychologists, as I have been unable to work due to the complete memory loss, the effects of PTSD, and complex trauma. Most people think of PTSD in the context of war victims, military personnel etc. PTSD, is the result of one trauma but complex trauma is the definition given to a person who has suffered multiple traumas. The general population has no idea how this illness affects the survivors of sexual assault, work place sexual harassment and bullying.

[REDACTED]

have a couple of close friends who are filling me in with the details of the last year, plus a lawyer who is working on a TPD claim for me.

If I had cancer, I can guarantee that I would not have been treated in the same way, I see and hear it everyday how people offer help, friendship, cook meals, look after children and just be there through it all.

I want to highlight what can happen to individuals, I want to do all I can to erase the stigma and maybe just help others who are victims themselves, who are suffering alone. The effects of abuse and sexual harassment and assault are terrifying. As we come into the festive season, where everywhere there are adverts of happy families and friends coming together, this in itself makes the loneliness and loss even more painful.

Please can you help me by highlighting this issue, and maybe share my story.

[REDACTED]