

I was sexually assaulted when I was 16, I am now 46 I didn't feel able to talk about what happened to me to anyone until a few years ago. When I got help through my GP and had therapy.

If there was more help for people like me in N. Ireland, and more public awareness of sexual violence then others that have suffered a sexual assault would be able to access help sooner and not have to wait 30 years like me.