

Dear Friend,

We at EnCourage would be most grateful if you personally or your trustees would give serious consideration to supporting our charitable work.

The situation of those who have been abused by cults and high demand groups is little understood, but the effect on victims can be devastating, both emotionally and financially. This area receives little funding and is poorly served by the NHS and other Government services.

We would be happy to answer any questions you or your trustees may have, or to discuss any particular areas that you would be interested in supporting.

Some further information is on our website at www.encourage-cult-survivors.org.

We realise that you probably receive many requests for support, and are most grateful for your time in considering EnCourage.

Yours sincerely

Gillie Jenkinson

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Co-ordinator

PTO

Can you imagine a world where **violence, mental torture, psychological manipulation** and **rape** are regular occurrences? Can you imagine having no contact with friends or family because you're so **terrified** of your **abuser**? Can you imagine being manipulated into giving up your job, your money and independence, even losing your own personality, leaving you **stripped of all you have known, afraid and alone**?

Currently there are more than 1,000 abusive groups and cults in the UK. Resulting in many thousands of victims suffering from their experiences and needing vital support in recovering from the very particular issues they face when re-entering society.

Victims of these groups and cults are often so **isolated, trapped and manipulated** within the **abusive relationship or group** that they are too terrified to leave, seek help or return to their family and friends. Often they are too traumatised during and after the abuse to understand what has happened to them. The after effects of these damaging relationships can include:

- Post-Traumatic Stress Disorder (PTSD)
- Severe depression
- Anxiety and panic attacks
- Dissociative disorders
- Inability to make friends or maintain employment
- Suicide/suicidal thoughts
- Cult pseudo-personality
(the personality that forms as a result of cult membership)
- And so many more

After leaving, victims often become **lost** within the mental health system because of a lack of understanding of the deeply damaging effects of cult involvement. Others are drawn back into the same or similar abusive relationships, and many sadly commit **suicide**. However we use a specialist programme of therapy combined with education that can make all the difference in restoring victims to full and productive lives.

Please take a few seconds to read how you can help give hope back to the people who have lost theirs...

Thank you,

You may just save a life!

Who and why are you helping?

Please take a minute to read this account from someone we were able to help,
thank you!

'I was a member of the cult for 12 years from the age of 15.

They took me away from my family and friends and I spent all those years working for the cult and its aims. I missed out on my education and the normal things teenagers and 20 year olds do. When I came for Post-Cult Counselling, which included counselling support and education about how cults influence, control and cause harm, I was thinking of leaving my job because I was having panic attacks, general anxieties even over small things such as making phone calls.

My counsellor and I discussed the way women were perceived in my group (if a mother worked it was thought to be 'sinful') and we found a link between the way I feel and the traumatic triggers from my time in the group. On returning to work I have been able to draw on what I have learned in the sessions and my anxiety has dramatically decreased.

I have been asked to lead a large event and I am pleased to say I have not only been able to do this but actually been able to enjoy it for the first time I can remember.'

How can you help?

EnCourage helps to pay for professional psycho-educational therapy and support. We use specialist therapists who are specifically trained to help with the trauma and after effects of involvement, such as estrangement from family and homelessness.

We rely on donations to provide services to victims who are often confused, traumatised and unable to contribute financially due to their experience. Often, by the time we reach them, they have lost everything including their health and ability to work. Therefore, your support is so important and every penny is vital.

Any donation, however small, will go towards supporting **survivors**. For the cost of just one high street coffee per day during the course of a year, we could offer five months of psycho-educational therapy to a victim of abuse. This would help the victim to re-connect with what they've had taken away, offering an opportunity to heal and build a new life.

Our ultimate vision is to expand our service and eventually to open a dedicated centre for people to **escape** to, to **be safe** and to **recover**, with onsite therapists and medical specialists to aid a well-balanced recovery.

Please support us in supporting others, every penny counts and we need your help!
Your contribution can help in the following ways:

£2	Contributes to the initial telephone call giving vital support and advice
£5	Contributes to local travel expenses getting a victim to that crucial first appointment
£10	Will maintain the EnCourage website for one month, offering contact info, support and advice. Contacting EnCourage may be the most important first step the victim will take
£40	Will offer a victim 1 hour of therapy
£215	Will train a qualified therapist to develop specialist understanding of the effects of an abusive group and how to offer support to a victim
£1,600	Offers a severely affected victim 2 weeks of intensive specialist therapy, a highly effective step on the road to recovery.