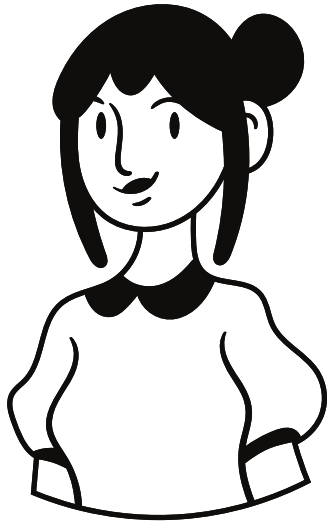


Lisa



Vulnerable

Autism

Anxiety

Goals/needs

- Access to emergency information
- Intervention, reassurance and simple explanations of what will happen if/when she gets in touch
- Emergency housing for her family
- Feel in a safe space for women

Bio

Lisa works part-time and has three children who are in school. She lives in rented accommodation and is financially dependent on her partner.

Lisa is in a complicated situation and feels extremely anxious and overwhelmed. Her autism meant that she was unable to recognise that she was on the receiving end of coercive and controlling behaviour over a long period. She has experienced gaslighting and feels responsible for the unhealthy relationship.

Lisa has experienced several violent episodes and had death threats. She does not feel she has anyone to support her.

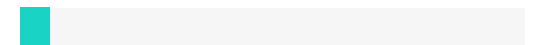
She feels scared to look for help on a laptop but can confidently cover her tracks using her phone. Her children have witnessed the domestic abuse and she needs urgent help to get herself and her children to safety.

Context

Stress/anxiety



Confidence



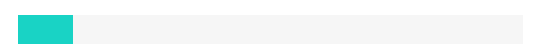
Risk level



Urgency



Time available



Frustrations

- When information is too complex it is overwhelming
- When information can't be found quickly
- When it's not clear what is local
- When it's not clear what specific help is available and next steps

Finds it helpful when:

- Information is broken down in smaller chunks
- Simple explanations

"I'm so overwhelmed and emotionally fraught, in fight or flight mode constantly, I'm exhausted...trying to understand and read things, I just can't take it in."

Age: **40**

Work: **Part-time**

Family: **3 children**

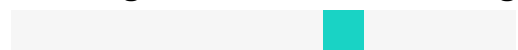
Location: **Taunton**

Personality

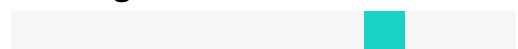
Introvert Extrovert



Thinking Feeling



Sensing Intuition



Judging Perceiving

