

### **Anonymous individual submission 3**

I'm a survivor of abuse in the care system. As children, many of us were forgotten, and growing up with the Post traumatic stress of the abuse has been and continues to be incredibly difficult in terms of living a normal life. Forming relationships, low self-esteem, feelings of worthlessness, suicidal thoughts, just some of the issues many adults including myself now carry with them. I don't live in Scotland anymore. I ran away from there in my early 20's and have been back to Irvine several times. Even at 44, I'm terrified of going back home to visit as it brings up a lot of issues. Having gone through the care system, (children's homes and foster parents) the worst abuse took place in Kerelaw School.

I now live abroad and teach English to children. It gives me hope to see them smile and lifts my heart to know they don't have the kind of childhood I did. It was truly horrendous. I can't bring myself to think about it, but I need to face the past. The reason for this email is that I would like to know if online therapy will be available, given my location.

It's truly felt like I slipped through the cracks after being abused in those places and then just forgotten about, no use to anyone, just left to pick up the pieces by myself. It's been incredibly difficult trying to live.

I will be applying for financial redress and I'm extremely grateful to the Scottish Government for presenting the opportunity to have the financial redress and emotional support.

Thanks for reading