

Center for the Victims of Torture

Torture, Former Combatants, Political Prisoners, Terror Suspects, & Terrorists

<https://www.cvt.org/what-we-do/survivor-stories/amina%E2%80%99s-story>

Campaign and Advocacy

I really needed to speak to someone.

Before I came to Jordan a lot of things happened. I fled Sudan and came here because I was looking for safety. I came here alone because my husband was here already for three years.

At the beginning it was a new country, a new place I felt fine but I wasn't able to stay in the same place with my husband. He was forbidden from working. They made him sign a paper saying that they would deport him back if he was found working. Until we could get housing together, I had to move from one Sudanese house to another. It was a very, very difficult time.

I was referred to CVT because of all I had been through. I was told that CVT has psychological care and that I should come here and then see if I also needed medical care.

I decided to go because they told me CVT treats people with these problems. I really needed to speak to someone. It was a huge need for me.

When I came to CVT, I felt good. I felt more confident after one meeting. A lot of things changed for me from CVT. I had a lot of ideas and thoughts in my head that were very painful, but every time I came for a session they supported me with kind words. I feel very much better after these thoughts began to go away.

It was very hard. I even attempted suicide but the counselors at CVT would talk to me a lot. Now things are good, thanks to God and CVT. Thanks to CVT, I am living with my husband, and CVT helped us find a place to live through referrals to an organization.

CVT is a part of my motivation for wanting to live. They gave me my self confidence back.

I wish that all people suffering could come to CVT because their lives will get better. I tried it it isn't just words coming from me I had the experience.

I thank those who supported me, who held my hand, the counselors, the physiotherapists they stood by me. I didn't feel like a stranger. Today I'm so happy. Thank you CVT.

**Name and some details have been changed for safety and to protect confidentiality.*

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We heal victims of torture through unique services and professional care worldwide.

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We **strengthen partners** who heal torture survivors and work to prevent torture.

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We **advocate** for the protection & care of torture survivors and an end to torture.

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