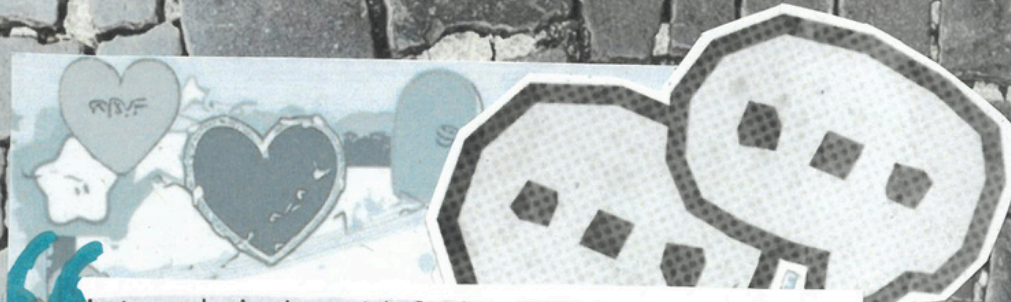




ESTRANGED
STUDENT
ZINE



“ I struggled a lot with feeling lonely in uni holidays post-estrangement. What helped was having goals to work towards in my alone time and hobbies to indulge in (eg work on a specific sewing project, read X number of books, going to gym the gym for extra long sessions). I would also advise you to ask friends if you can visit them! I was honestly surprised at how many of my uni friends’ families were more than happy to host me for the holidays, offering Christmas meals, sightseeing and quality time with my friends. I felt really hesitant asking at first as I felt like I would be intruding, but they were all so lovely and welcoming (even before they knew about my family situation). I sometimes save up train money and go round multiple cities to visit and crash with friends! ”



it ran in the family until it ran into me.

A note from the zine creator:
I would never have imagined how beautiful life has become since my estrangement. Healing is a very long journey but there are many pockets of light and love and kindness through it. Please hang in there, for there is so much good waiting on the other side.

Remember, people don't choose estrangement to hurt others. They choose estrangement to stop being hurt.

Everyone is carrying something heavy, be kind ♡



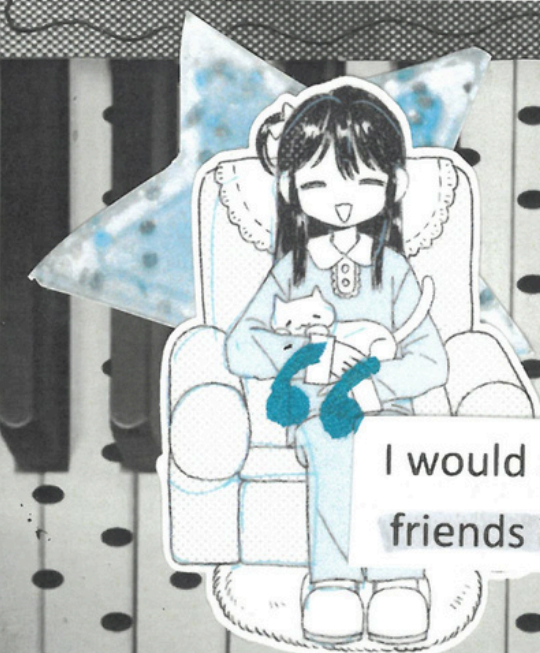
The friends you make are the family you choose <3

CHOSEN FAMILY



WE'RE WITH YOU

You might feel alone a lot of the time, like no one wants you, no one cares, and your family was all you had. But there's so many more people in the world and places where you belong. You don't have to be alone.



I would also advise you to ask friends if you can visit them!

like art, their perception of you is an interpretation.

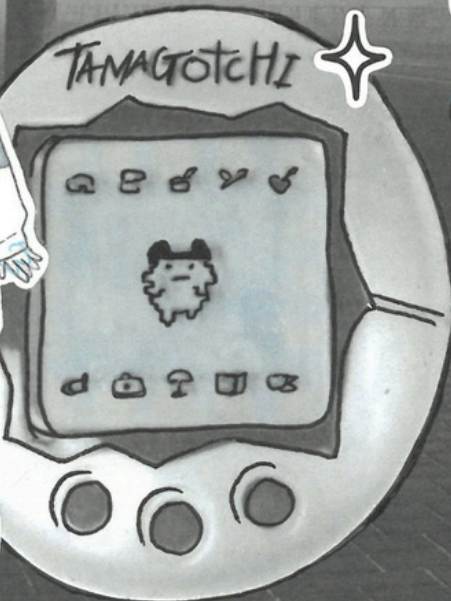
In terms of support, talking about things with a compassionate therapist is essential. What is crucial though is avoiding "estrangement red flag" therapists as I call them. This might look like someone who tries to blame or make you feel guilty about your estrangement; encouraging you get back in touch with abusive family members against your wishes; excessively sympathises or tries to "insert themselves" into your abusive family members' position; says culturally insensitive things about your religious/ethnic background/sexuality/gender identity etc.

You are not defined by your circumstances you are worthy of love and support and the right people will provide both.

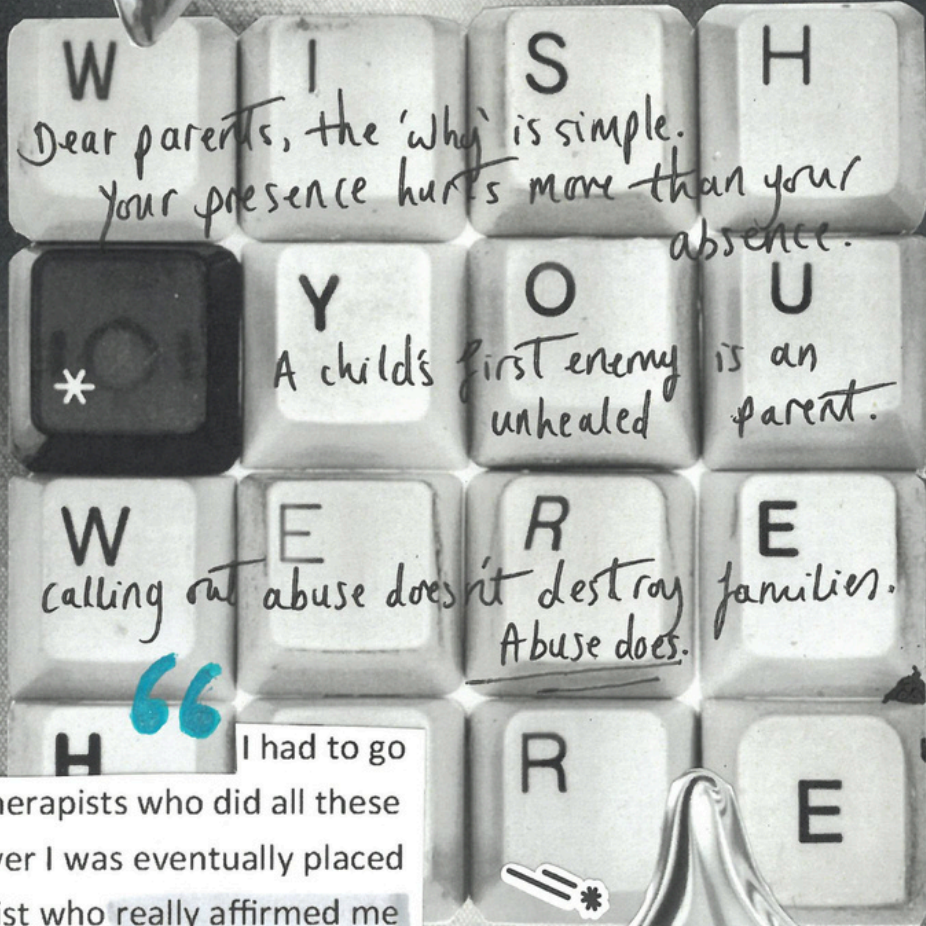
BENDING



LOVE



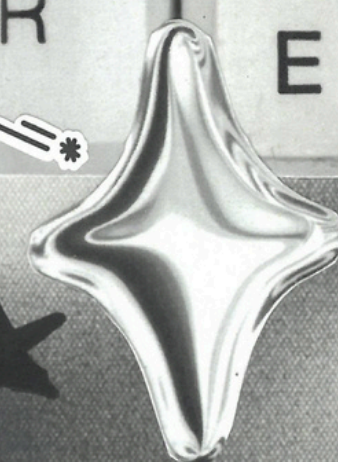
I had to go through quite a few therapists who did all these things with me, however I was eventually placed with a student therapist who really affirmed me and helped me have self-compassion and unpack a lot of the guilt and negative self-talk I was, and still am, carrying. It is hard opening up to professionals who don't suit you, but it's worth it when you find the right person.



Dear parents, the 'why' is simple. Your presence hurts more than your absence.

A child's first enemy is an unhealed parent.

calling out abuse doesn't destroy families. Abuse does.





You've got this ♥

(Thank you to all students
who contributed via the
survey!)