



## NO MORE: Gender based Violence and learner pregnancies in Namibia

### [Survivor's Story] Title: It felt like I was walking on eggshells, but I loved him.

"We had our good times, but once we were married, his desire to control everything became more obvious" Renee shares with the Social Worker during their counselling sessions.

"It was like walking on eggshells, but I loved him. I coped by trying to keep him happy. I believed that it was my fault when he would get angry. I cried daily and I felt worthless. I lost all belief and faith in myself. I felt better when I was totally isolated, and no one knew about what was happening. I don't think I really coped as I would just hide it from the world and from myself" an emotional Renee share.

Renee shares with the Social Worker her emotional process of dealing with abuse, "I hit rock bottom emotionally; I was so diminished that I shut down. I Remember falling into a deep depression and I began to drink and go out to avoid being at home. I believed he wanted to change. We even went for counselling as a couple."

Renee shares her coping mechanism with other women with the hope that all battered women can one day be brave enough to turn their backs on their abusive relationships. "If I could come and help you leave, I would, but it is you who must do it. Leaving permanently is the only thing that will change the situation. You cannot make him better no matter how much you love him. It is NOT your fault, it is his. You are a wonderful person and deserve so much better"

Regain Trust Social Worker continues to encourage women that they are not alone. There are many people who know what you are going through. Reach out to a Social Worker and contact Regain Trust to join a Gender Based Violence support group for men or women.

**Organisation:** Regain Trust  
**Social Worker:** Chantal Kangootui  
**Contact Details:** 081 558 4008 | [esw@regain-trust.org](mailto:esw@regain-trust.org)  
**Website & FB:** [www.regain-trust.org](http://www.regain-trust.org) | [www.facebook.com/Regain-Trust](https://www.facebook.com/Regain-Trust)

Regain Trust empowers survivors of Gender Based Violence through psychological therapy sessions, one on one and group sessions. The intervention process helps and empowers survivors to open up and speak out about their experiences. Awareness campaigns are done through public dialogues, media campaigns and trainings. The organization advocates for a holistic approach to address Gender Based Violence [GBV] and Learner Pregnancy [LP].



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**Regain Trust and (FES) Friedrich Ebert Stiftung with co-funding from the European Union are implementing a project that will contribute towards National efforts to address Gender based Violence and Learner Pregnancy in the Khomas, Erongo and Northern Regions. The project titled “Survivors Speak Up!” seeks to Increase and enhance the delivery of prevention, psychosocial, health, legal and protection services to reduce the prevalence of GBV & LP.**

**Find upcoming events and more information about Regain Trust on our website and Facebook Page.**



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