

FreeFrom’s Crisis to Thriving Framework for Survivors of Gender-Based Violence

	Physical Well-Being	Financial Well-Being	Psychological Well-Being	Social Well-Being	Collective Power
CRISIS	Survivors are being actively subjected to physical, financial, emotional and/or sexual harm. The focus at this stage is immediate safety.				
WHAT DO SURVIVORS NEED TO GET OUT OF CRISIS AND STABILIZE? ↓	• Emergency access to basic needs • Unrestricted cash • Access to existing financial resources • Protection from ongoing financial harm • Awareness of financial abuse as a type of harm and of available support, resources, and response options.	• Safe housing and relocation options • Respite from immediate harm for self and dependents • Privacy and personal security, including digital safety • Free or low-cost support services to address present harm	• Emotional grounding, relief and crisis support • Validation and non-judgment • Safe emotional expression and processing • Clarity about what happened and what to do next	• Safe, confidential spaces and support networks • Hope, recognition and reassurance through shared survivor experience • Feeling trusted, seen and understood	• Belief that survivor-led change can reduce isolation and shame • Recognition of harm as structural and systemic
STABILIZE	Survivors begin to experience moments of relief. While safety still feels fragile, some immediate needs can be met.				
WHAT DO SURVIVORS NEED TO REBUILD? ↓	• Reliable access to basic needs • Stable and sufficient income • Support navigating financial systems and financial safety planning • Financial privacy and protection, including from credit-related abuse • Safe banking and access to credit • Emergency savings	• Safe, stable, long-term housing • Sustained safety and privacy for self and dependents, including digital safety • Services and resources to address long-term consequences of harm, including legal and medical support	• Consistent, affordable and accessible mental and emotional support • Support to cope with stress, triggers and experiences of harm • Opportunities to rest, recover and experience joy	• Supportive relationships within survivor networks and peer communities • Shame reduction and solidarity through supportive systems • Access to mutual aid beyond crisis	• Opportunities to engage in survivor-informed spaces, initiatives, campaigns and collective actions at their own pace • Means to advocate for survivor needs
REBUILD	Survivors start to rebuild safety and stability as immediate harm eases. They start to have enough safety to plan beyond the present moment.				
WHAT DO SURVIVORS NEED TO STRENGTHEN THEIR LONG-TERM STABILITY? ↓	• Ability to exceed basic needs • Steady, reliable income and greater financial flexibility • Safe, accessible financial systems that can prevent future financial harm • Pursuit of desired income pathways, including entrepreneurship • Progress toward personal and professional goals, including through education • Reduction of debt and repaired credit • Savings and wealth growth over time	• Long-term secure housing • Continuous safety and privacy for self and dependents • Reliable healthcare for ongoing medical needs and preventative care • Legal accompaniment as desired over the long term	• Mental and emotional support and spaces to process the long-term impacts of harm • Personal wellness and self-care strategies • Continued opportunities to experience purpose and joy	• Sustained community connections, a stronger sense of belonging and opportunities for collective learning and healing • Deeper participation in peer networks and survivor-led spaces • Opportunities to support other survivors and the movement in meaningful ways, if desired	• Spaces to collaborate with other survivors around shared solutions, priorities and survivor-led initiatives • Leadership development and support for advocacy and organizing • Paid or otherwise resourced opportunities to inform programs, advocacy or research
STRENGTHEN	Survivors strengthen safety and well-being with increased resilience. They can better navigate challenges and plan for the future with greater autonomy and agency.				
WHAT DO SURVIVORS NEED TO THRIVE? ↓	• Ability to exceed basic needs and support others • Consistent, thriving-wage income • Long-term and abundant financial safety • Pursuit and growth of desired income and leadership pathways • Strong credit and financial resilience to weather disruptions • Robust savings, assets and long-term financial goal achievement • Building of generational wealth	• Secure housing and ability to relocate as desired • Long-term safety and planning for continued protection • Reliable access to desired care and healing modalities • Legal support and continued protection enforcement if needed • Pathways to justice	• Support for continued healing and growth • Space to explore identity beyond survivorship • Sustained access to creativity, autonomy, fulfillment and ease	• Strong, reciprocal relationships throughout communities • Connection and belonging in spaces where survivors can thrive and support one another's leadership	• Long-term survivor-led movement infrastructure • Decision-making and leadership roles in organizations and movements • Platforms to shape policy and institutional change • Systems that recognize harm as systemic rather than personal failure
THRIVE	Survivors have built resilience and are thriving through sustained safety, stability and financial security. They pursue long-term goals and fulfill their full potential.				