

RESIDENT STORY



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A Hartlepool resident has turned her life and mental health around after moving into her Sanctuary Supported Living service earlier this year.

Christina Veiga, who is originally from Portugal, came to Victoria Road after living with other family members hadn't worked out.

The 18-year-old said: “The whole situation impacted really negatively on my mental health. I knew I needed to talk to someone, but I didn't know who, or how to go about it.”

Since moving in to Victoria Road in May 2019, Christina has built up a host of new skills,

including cookery, cleaning and maintaining a tenancy.

The teenager's ultimate goal is to move back to her native Portugal and start a career there.

Christina said: “The staff at Victoria Road helped me when everything else was falling apart. I know I can talk to my key worker and she will always listen to what I have to say, I really feel I can call her my friend. For me, Sanctuary Supported Living has given me somewhere I can call home and where I can be myself.”