Mental Health After Trauma: Survivors of Abuse PA Highlights the Importance of Healing During Mental Health Awareness Month

May 27, 2025

PHILADELPHIA, PA - May 27, 2025 -
Philadelphia, PA ? In honor of Mental Health Awareness Month, Survivors of Abuse PA is emphasizing the critical need for mental health support for survivors of sexual abuse and trauma across Pennsylvania. Healing from trauma is an ongoing journey, and for many survivors, the emotional scars left by abuse can endure for years after the physical harm has ended. Throughout May, Survivors of Abuse PA, led by Ashley DiLiberto, Esq., is bringing attention to the importance of accessible mental health care, trauma-informed legal advocacy, and survivor-centered support as essential elements of the recovery process.

Survivors of sexual abuse often carry invisible wounds. Conditions such as post-traumatic stress disorder (PTSD), anxiety, depression, dissociation, and trust difficulties are common among those who have suffered abuse. These mental health challenges can affect survivors? personal relationships, work lives, and overall sense of safety and stability. Survivors of Abuse PA believes that seeking justice is just one part of a survivor?s healing?equally important is ensuring they have the mental health tools and emotional support needed to reclaim their lives.

Ashley DiLiberto, Esq., managing attorney of Survivors of Abuse PA, stressed the deep and lasting impact of trauma. ?The effects of sexual abuse extend far beyond the moment the abuse occurs. Survivors live with the emotional consequences every day, often in silence. At Survivors of Abuse PA, we are committed not only to fighting for survivors? legal rights but also to supporting their mental and emotional well-being throughout the process,? said DiLiberto.

This Mental Health Awareness Month, Survivors of Abuse PA is advocating for a comprehensive approach to survivor care, encouraging survivors to seek professional mental health support, join survivor networks, and access legal advocacy services that understand the complexities of trauma. The firm emphasizes that asking

for help is a sign of courage, and no survivor should ever feel ashamed to seek the support they deserve.

Trauma from sexual abuse often leads to feelings of shame, fear, and isolation, which can prevent survivors from reaching out for the help they need. Survivors of Abuse PA encourages survivors to remember that they are not alone, and there are resources and advocates ready to walk beside them through every step of the healing journey. Pursuing a civil lawsuit is not only a legal act?it can also be a powerful step toward emotional closure and holding wrongdoers accountable for the harm they caused.

Survivors of Abuse PA ensures that all legal representation is trauma-informed and survivor-centered, providing compassionate support from the first consultation through the final resolution of a case. The firm also works to connect survivors with mental health professionals, support groups, and community resources throughout Pennsylvania, helping survivors address both the legal and emotional impacts of abuse.

During Mental Health Awareness Month, Survivors of Abuse PA encourages survivors to prioritize their mental health and recognize that recovery is possible. Seeking legal support, mental health services, and community connections can make a profound difference in a survivor?s life, helping them move from a place of pain to one of empowerment and healing.

For those and their loved ones who have dealt with the emotional and psychological aftermath of sexual abuse, contact Survivors of Abuse PA for a confidential consultation. Reach out to Ashley DiLiberto and her legal team at (267) 502-9090 or visit SurvivorsofAbusePA.com to learn more about your rights and the support resources available to you. Survivors of Abuse PA stands with all survivors this Mental Health Awareness Month and is committed to supporting their journey toward healing, justice, and renewed hope.
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