



FAST
Families Against
Stress & Trauma

**“AS A PARENT, TO HAVE A SON OR A
DAUGHTER IN SYRIA, YOU DON'T HAVE
A LIFE ANYMORE”**

Helen, Cambridge

**“THE HOUSE WAS BUSY
NOW THE HOUSE IS
EMPTY”**

Ahmed, Cardiff

**“WORDS JUST CAN'T DESCRIBE
THE AMOUNT OF PAIN AND
ANGUISH”**

Hafeez, Crawley

We know that families matters. Like Helen, Hafeez and Ahmed's, many are torn apart by young people travelling to Syria and Iraq. To hear their stories and learn more, visit www.familiesmatter.org.uk

If you are worried your family could be affected by a loved one travelling, please **reach out**.

Families Matter

Do you know a family affected by a loved one travelling to Syria and Iraq?

At **FAST** we do.

And we understand the pain and distress it causes to those left behind.

If you're wondering who we are, **FAST (Families Against Stress and Trauma)** is a UK-based organisation that's here to help.

At FAST we believe that families matter and families make a difference.

Families matter because they are torn apart when young people travel to Syria and Iraq. Families make a difference because they have the power to reach out and stop this. All families should feel empowered to reach out if they are worried a loved one might be thinking of travelling.

We believe families are not alone. That's why we've made a short film with three people talking openly about the impact of a family member travelling. They each speak of the pain and anguish they felt when their loved one left the UK. It's hard for us to convey the heartbreak, which is why we let them speak for themselves.

To hear their stories, visit **www.familiesmatter.org.uk**

If you are worried your family could be affected by a loved one travelling to Syria and Iraq, please **reach out**.

To see how we and others can help, please visit **www.familiesmatter.org.uk**

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