Li stood up for her freedom and so her government jailed and tortured her. After a dangerous escape, Li arrived in the United States seeking safety. She was able to find a place to live and get a job, but still she only sleeps two hours a night and finds that she is haunted by what happened to her. Li spends a lot of her time worried that she will not be given refuge and will be deported, where she feels she will most certainly be jailed again. Li needs a lawyer to help the courts understand what happened to her. She needs a doctor to treat the physical problems left from the torture she experienced. And she needs a counselor to help her overcome her nightmares and finally sleep.

NO ONE WHO HAS BEEN TORTURED SHOULD HAVE TO SUFFER ANY MORE THAN THEY ALREADY HAVE. WON’T YOU HELP LI GET THE SUPPORT SHE NEEDS?

NWHHR is a partnership between Harborview Medical Center, Lutheran Community Services Northwest, and Northwest Immigrant Rights Project. For over twenty years each partner has delivered expert care to survivors of torture and trauma so that they can gain safety and heal from the wounds of violence.

To learn more about NWHHR or to make a donation, visit www.lcsnw.org/seattle/nwhhr.html
Who we are…

Northwest Health and Human Rights works to make sure torture survivors do not have to suffer any more than they already have. To accomplish that we provide holistic services designed to address the most common needs that survivors have. We provide free legal services for those who have been tortured and are seeking asylum, as well as medical and mental health care for the wounds of torture.

IN OUR FIRST YEAR, NWHHR SERVED 224 CLIENTS FROM 40 DIFFERENT COUNTRIES.

OUR GOALS…

NWHHR works to end suffering for torture survivors. We provide holistic services to address survivors’ common needs.

OUR GOALS INCLUDE:

- **Legal** — provide representation to clients who have been tortured seeking asylum.
- **Medical** — specialty treatment for effects of torture.
- **Mental health** — treat nightmares, flashbacks, feelings of isolation, profound sadness, etc.
- **Self-Sufficiency** — connecting clients to jobs, ESL classes, support groups, and workshops to build personal capacity.

THE NEED…

Torture is an act of organized violence and deliberate cruelty designed to break the will of individuals and spread terror in populations. In the United States, refugees, asylum seekers, and immigrants are the groups most likely to have experienced torture because they have lived in war-torn countries, under repressive or authoritarian regimes, and/or faced persecution and oppression.

Estimates are that between 5 and 35% of refugees and asylum seekers in the U.S. have experienced torture, including electric shocks, beatings, rape, and forced witnessing of torture or executions. Even among the foreign-born who are not refugees or asylees, rates of torture are estimated to be as high as 11%. In the last decade, Washington State has received 24,525 refugees for primary resettlement, and ranks in the top three states for secondary refugee migrants. According to the above percentages, we estimate that in the last ten years alone between 1,226 and 8,583 torture survivors have settled in Washington State.