

Who are SurvivorsUK?

SurvivorsUK is a charity working with men who have been raped or sexually abused and raising awareness of their needs. We have been supporting survivors since 1986.



What is male sexual abuse?

We define male sexual abuse as any unwanted or non-consensual act performed against a man or boy at any time in his life.

How often does it happen?

Unfortunately male rape and sexual abuse happen a lot more than people may think.

- The 2013/14 Crime Survey for England and Wales estimated that there were approximately 116,000 male victims of sexual assault in the last year.

- In 2014, in London, 307 men reported being raped to the Metropolitan Police – an increase of 120% over 2012 figures.

For more information on male rape and sexual abuse, have a look at our website - survivorsuk.org



A guide to our services

SURVIVORSUK
male rape and sexual abuse

Get in touch...

-  Shadwell, London, E1
-  020 3598 3898
-  info@survivorsuk.org
-  survivorsuk.org
-  facebook.com/survivorsuk
-  [@survivorsuk](https://twitter.com/survivorsuk)

Supporting male survivors of rape and sexual abuse

Ways we can help...

Counselling

What is counselling?

We offer weekly one-to-one sessions with a trained counsellor where you can talk about your experiences and your feelings. Our counsellors don't judge or advise but offer a supportive, safe and confidential environment to talk.

What support can I get?

We offer new clients 12 sessions of counselling. Clients have the opportunity to extend the counselling to a maximum of two years in consultation with their counsellor. We have a sliding scale of fees, starting at £5, and charge clients according to their income.

How does it work?

If you would like to attend an assessment, please contact us using the contact details below. We only accept self referrals. Within two weeks of receiving your referral we will organise an initial consultation where we will talk to you about what is the most helpful support for you.



Interested?

To make a self referral, contact us:

- 📞 020 3598 3898
- ✉️ info@survivorsuk.org
- 💻 access our webchat - survivorsuk.org

Chat Services - Webchat and SMS

What is webchat/SMS?

You can access our chat services online through webchat or on your mobile phone through SMS. We offer emotional support in a safe and non-judgemental space to those that need someone to talk to. You can talk in confidence with a trained professional who will listen and, if you want, can provide advice on where to find further support.

Who do you support?

We support any male survivor of sexual abuse, assault or rape as well as their friends, family members and professionals supporting them.

How does it work?

To use our webchat, simply visit our website, or to chat through SMS just text 020 3322 1860.

Our opening times are:

Monday - Friday 10.30am - 9.00pm
Saturday & Sunday 10.00am - 6.00pm

This is a free service.



Want to chat?

To access our chat service:

- 💻 log on - survivorsuk.org
- ✉️ text us - 020 3322 1860

Independent Sexual Violence Advisor (ISVA)

What is an ISVA?

An Independent Sexual Violence Advisor (ISVA) is someone who works with survivors of rape and sexual abuse to support their needs. ISVAs can be male or female, but our service is provided by a male ISVA.

Our ISVA can help you with a range of things depending on your needs and what kind of support you would like. We work with any man living in London who is 18 or over.

What support can I get?

Our ISVA can:

- Provide you with information on the criminal justice process and what you can expect if you report to the police. They can also attend interviews and court with you if you wish.
- Give you information on health services and attend appointments with you.
- Help you think about your safety.
- Listen to you and offer emotional support.

How does it work?

Our ISVA service accepts self referrals and referrals from third parties. This is a free service.



Need support?

Contact our ISVA on:

- 📞 07496 287 527 or 020 3598 3898
- ✉️ isva@survivorsuk.org
- 💻 online referral form - survivorsuk.org/ways-we-can-help/isva