

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.

* What do we mean by male?

SurvivorsUK was established as a service for male survivors, to cater for people not provided for by other services. We are an inclusive service and welcome anyone who identifies as male, trans, non-binary, has identified as male in the past, or anyone who feels they are the right fit for them.

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



A guide to our services

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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 and Group Work

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 one year in consultation with their counsellor. We have a sliding scale of fees and charge clients according to their income.

How does it work?

You can self-refer to counselling by email, telephone or webchat. We will then arrange an initial consultation to discuss how we can best support you. Counselling can be delivered online, face to face, or by telephone.

What about group work?

We also operate groups for men who have experienced abuse. Please contact us for further information.



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. We offer support to people who are thinking about reporting to the police or who are going through the criminal justice system. 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