



SURVIVORS **UK**

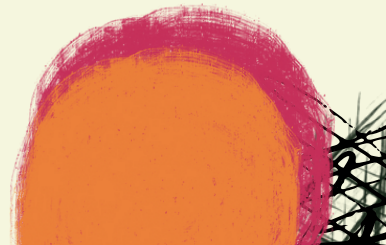
We Support. We Challenge. We Build.



A guide to our services



We support any **boys, men, and non-binary people** who have experienced sexual violence, as well as their friends, family members and professionals supporting them.



WE ARE



SurvivorsUK work to ensure every boy, man, and non-binary person in the UK has access to the support they need to navigate the impact of sexual violence and begin recovery. We are here for anyone who thinks we're the right fit for them.

Nationally, we provide practical help and emotional support through our online helpline services and group work. In London we provide face-to-face counselling, group work, Independent Sexual Violence Advisors (ISVA), outreach and engagement services and clinics for legal advice and sexual health.

OUR VALUES



Empathy

We offer an **understanding** and **sensitive** ear to anyone who thinks this is the right service for them.

Community

We offer a **safe space** for survivors to **speak their truth** and listen to people's journeys, learning and growing together.

Without Exception

Our doors are **open to everyone**. If we're not right for you, we'll do our best to help or point you in the right direction.

Challenging Perceptions

We strive for **greater recognition** and **acknowledgement** within society so more people can **speak their truth**.



What do we mean by sexual violence?

We use the phrase 'sexual violence' to recognise that violence can take many forms, not just physical. We define sexual violence as any unwanted or non-consensual act performed against someone at any point in their life.

Who do we support?

SurvivorsUK was established as a service to cater for male survivors that are not provided for by other services. We are an inclusive service and welcome people with male and non-binary identities, or anyone who thinks we're the right fit for them

Additionally, we encourage those affected by sexual violence perpetrated against our client group, such as friends, family or loved ones, to contact us.

How much do our services cost?

All of our services are fee free. We rely on funding and individual donations to keep delivering our services to the people who need them.

If you would like to donate and make a difference, see the back of this leaflet.



1. COUNSELLING

Counselling is the opportunity to speak with someone in depth about what is going on for you. You may wish to talk about the sexual abuse, other things which have happened in the past, any difficulties in your current life, concerns about the future, your relationships with others, or anything else which is on your mind.



How does it work?

We offer counselling to men, boys, and gender nonconforming people aged 13 and over who have experienced sexual abuse at any time in their lives. This service is available to those residing in any London Borough.

You can self refer by completing the referral form on our website, by phoning our office line 0203 598 3898, or by emailing info@survivorsuk.org. Please note that waiting list times can vary, but short-term counselling may be available

Get in touch

Phone: +44 (0)20 3598 3898

Mail: info@survivorsuk.org

Website: survivorsuk.org/gethelp

2. GROUP WORK

Meeting other men who have had similar experiences to you can be profoundly helpful. We offer a wide range of groups which provide different ways for you to connect with others and share your story. Our group facilitators and fellow group members are here to help you not feel alone.

How does it work?

Group Work is available to anyone in the UK. Most groups are held online. Complete the online referral form on our website and we will contact you to arrange an initial informal chat with the Group Work Co-ordinator to talk in more detail and book you into the group which is right for you.

Get in touch

Phone: +44 (0)20 3598 3898

Mail: groupwork@survivorsuk.org

Website: survivorsuk.org/gethelp



3. ISVA SERVICE

Independent Sexual Violence Advisor (ISVAs) support survivors of sexual violence who are considering reporting, or who have reported to the police. Our service is open to boys, men, and gender nonconforming people over the age of 13 who are living in London or where the offence happened in London.

What support can I get?

An ISVA can:

- Provide you with information on the criminal justice process
- Attend interviews, court and other meetings
- Provide emotional and practical support
- Help you think about your safety
- Listen

Get in touch

Our ISVA service accepts both self and third-party referrals through the referral form on our website.

Phone: +44 (0)20 3598 3898

Mail: isva@survivorsuk.org

Website: survivorsuk.org/isva



4. HELPLINE

Our team of Emotional Support Workers are here to talk in a safe, confidential and non-judgemental space. We support male and non-binary survivors of sexual violence as well as their friends, family members and professionals supporting them.

How does it work?

We can chat with you through webchat, by email or by texting.

You can reach out as little or often as you like, and each chat can last up to 45 minutes.

You may not be sure if we're the right service for you. No problem, contact us anyway, and we'll do our best to help or point you in the right direction.



Get in touch



We are open
Monday – Sunday
12:00PM – 8:00PM.



Webchat
www.survivorsuk.org



Text
+44 (0)20 3322 1860



Email
help@survivorsuk.org

WANT TO HELP?

We offer our services entirely for free, and so every pound you choose to give will have an instrumental impact in changing someone's life for the better.

SCAN TO DONATE

£12

could enable a survivor to have a 45-minute support session with one of our Emotional Support Workers.

£20

could support a survivor to attend a group session



SCAN ME

SURVIVORS UK

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