

SURVIVORSUK

Supporting Male, Non-Binary and Transgender Survivors

delivered by

**Sam Thomson
& Martyna Stachura**

help@survivorsuk.org

isva@survivorsuk.org

www.survivorsuk.org

Making a positive difference to the wellbeing and lives of men and boys.

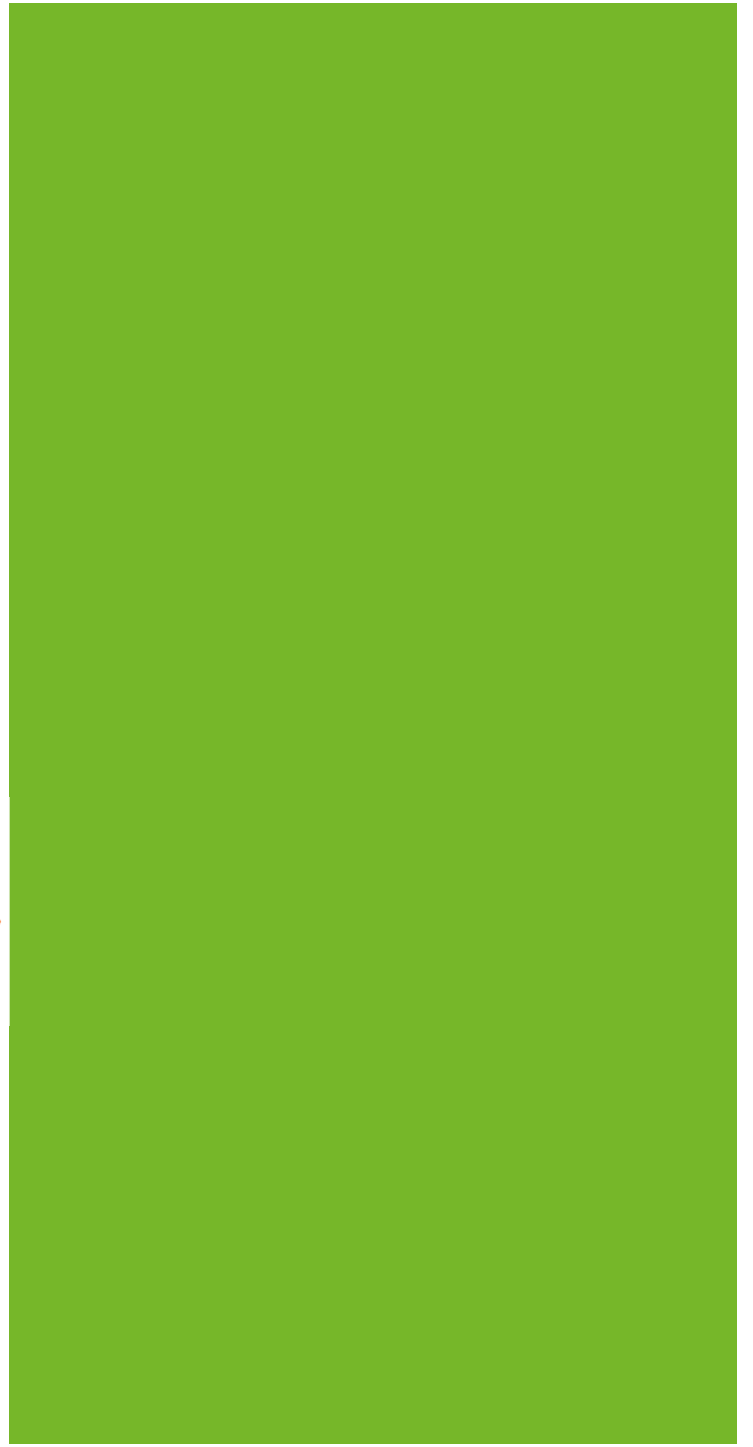
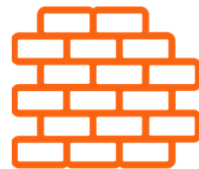
Raising awareness and for charities supporting men and boys' wellbeing.

Promoting a positive conversation about men, manhood and masculinity.

**What is
International
Men's Day?**

 So what does
SurvivorsUK 

do?



1.

Helpline

Webchat and SMS service.

Telephone and Online:

- Trained helpliners.
- Chat is under client control.
- Generally first step to talking.

Mon – Sunday

12pm – 8pm



SurvivorsUK



07491 816 064



help@survivorsuk.org



www.survivorsuk.org

***Confidential**

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2.

Counselling & Groupwork

Face to face:

- Self-referral.
- First, a chat
- 12 weekly sessions with the option to extend.
- Empowerment based, trauma informed

Groupwork:

- Safe space to meeting other survivors.
- Share experiences & coping strategies.
- Ongoing group every month.



2.5

Counselling & Groupwork

Groupwork+

We understand that certain parts of the community we support may benefit from specific support groups.

- Trans*
- Children / Young People
- BAME



*" where we recognise "trans" as an umbrella term for anyone identifying as transgender, transman, transwoman, genderqueer, agender, transsexual, two-spirit, genderfluid, non-binary, gender non-conforming, bigender, third gender, transmasculine, transfeminine, androgynous and any other pronouns which are related to this term.

SurvivorsUK – counselling referral

Contact Us

via our helpline, office line, email or by completing an [online referral form](#).

We Contact You

with an initial informal chat around what sort of support will be right for you (including how often, gender preferences, days/times etc.)

Counsellor Contact

will happen as soon as possible so that you can speak to one of our team.

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3.

ISVA (Independent Sexual Violence Advisor)



ISVA's can:

- Provide practical and emotional support throughout the criminal justice process.
- Support you whether you have reported or not.
- Information and advice around the criminal justice process.
- Advocate and liaising with professionals supporting you.
- Signpost to other specialist services.

SurvivorsUK – ISVA referral

Contact Us

via our helpline, office line, email, by completing a [self-referral form](#), or a [third-party referral form](#).

Initial Assessment

via phone with the ISVA team to assess any needs or risks. This will help us create an initial support plan for you.

Contact

will be at least once a month, whether that is by phone or online.

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Wait times



Flexible services

We understand that the wait list can be a massive barrier for clients.

We attempt to be as flexible as possible during this wait:

**Client
Hangout**

**Wellbeing
Day**

**Service User
Panel**

Workshops
(Trauma Information /
Creative Writing)

4.

Outreach & Engagement

Engaging organisations, institutions and individuals with SurvivorsUK.

Increasing awareness and educating about male rape and sexual abuse.

So how are we doing?





Sam Thomson

Outreach and Engagement Officer

sam.thomson@survivorsuk.org

www.survivorsuk.org

Martyna Stachura

ISVA Manager

isva@survivorsuk.org

www.survivorsuk.org