

What Happens Next ?

How do I get an appointment?

Refer yourself by telephoning our office on **Shrewsbury 01743 357777 or Telford 01952 278000**
You may also be referred by your doctor or other agency.

Who will I see, and where?

Initially we will offer you a 'welcome' appointment with a female member of our team. From here you will be offered a male or female counsellor - the choice is yours.

What is a 'welcome' meeting?

This is an introduction meeting where we will explain all the options open to you within our service. This also gives you the opportunity to ask any questions.

Where will I be seen?

All 'welcome' meetings will take place in a confidential setting in Shrewsbury, Telford or Ludlow where a member of our team will welcome you to our service.

Will my partner be included in my counselling?

You will be seen on a one-to-one basis. However, we feel it is important to occasionally include your partner in order not to isolate them. This is your choice.

What if my partner won't come or does not know?

Although we would like to see your partner this does not prevent you from receiving our help. Many people receive our help in this way.

How long is each counselling session?

Each appointment is 50 minutes.

How often do I attend?

Counselling requires you to attend appointments on a weekly basis, but this may be less frequent depending on your individual needs.

Do I have to go to a group?

No, but we do offer a self support group.

What is Axis Link?

There is a service which we provide for partners or close relatives of the survivor. Strict confidentiality is adhered to.

4MEN2 cares and is here for you.

**Talk to us in confidence and
visit our web site:
www.axis4men2.org.uk**

Shrewsbury Centre.

Fletcher House
15 College Hill
Shrewsbury.
SY1 1LY

01743 357777

Or

Telford & Wrekin Centre.

Jubilee House
74 High Street Madeley
Telford
TF7 5AH

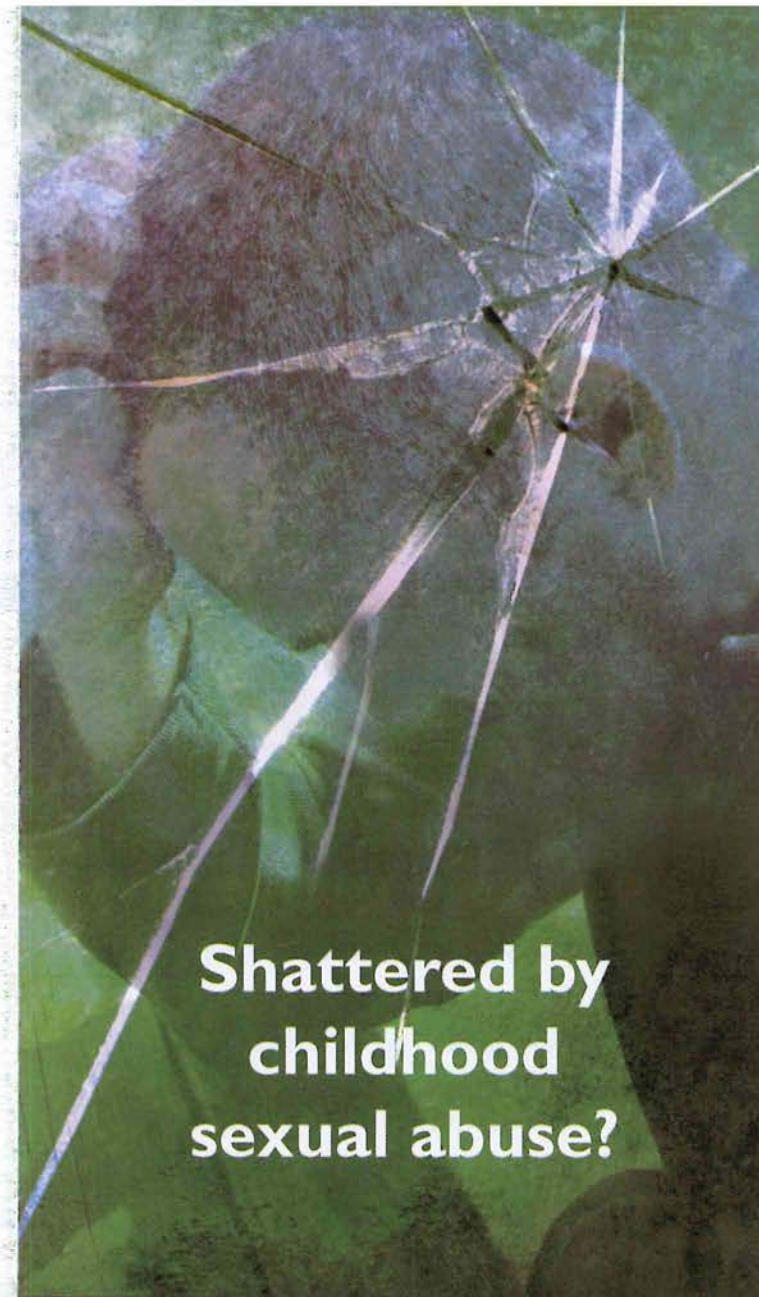
01952 278000

Also at
Ludlow

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**Shattered by
childhood
sexual abuse?**

4 COUNSELLING
MEN2



A CONFIDENTIAL SERVICE

For adult survivors of childhood sexual abuse and rape
Telephone: 01743 357777 or Telford on: 01952 278000

"Up to 1 in 6 boys are sexually abused. But few reveal the secret."

Many Survivors of childhood sexual abuse suffer problems in adulthood.

Their feeling of shame prevents them from sharing the secret of what has happened to them. Men "cope with it". It's "what men are expected to do".

For some men their methods of coping can break down and result in depression, relationship problems and feeling worthless etc.

The bravest move a Survivor will make is to break the secret and say -

**"I was sexually abused as a boy,
I need help."**

4MEN2 CAN OFFER THAT HELP

Male Survivors often feel confused about what happened to them.

"I had an erection, so I must have been willing and enjoyed it"

"He didn't force me, I loved him"

"I don't know if I'm gay or straight "

So many questions like these remain unanswered because of the "secret" they keep.

Abused children teach themselves methods of survival by protecting themselves emotionally and physically.

Their responses may include any of these:-

- | | |
|---------------|--|
| Denial | -pretend it's not happening
-pretend it does not matter |
| Seek approval | -trying to be perfect
-pleasing adults |
| Withdraw | -feel it's not safe to express themselves |
| Turning off | -do not allow themselves to feel
-protecting themselves from feelings |
| Misbehave | -to express anger and frustration or to get attention- even if it hurts |

These patterns can be carried into adult life in a number of ways:-

- A lack of trust
- Fear of making changes
- Caring "too much"
- Difficulty recognising/showing emotions
- Unable to cope with stress
- Low self esteem
- Sexual difficulties

These may result in:-

- Relationship problems
- Depression
- Self-destructive behaviour
- Isolation
- Lack of direction
- Confused sexual identity
- Drugs and alcohol abuse
- Eating disorders
- Acting out sexually
- Free floating anger / suppressed

Alone, in silence, and still carrying the secret, these problems continue to get worse.

The "macho" stereotype a man carries with him makes it hard for him to accept help.

Once help is accepted, recovery from the effects of sexual abuse becomes a reality. Many men go on to live full and happy lives. Recovery is a process that requires support for the Survivor through specialised Therapy or Counselling and groups.

In "group work" the experience of other survivors enables a positive outcome for participants (to join a group after counselling would be your choice).

Sexual Abuse knows no boundaries, and has no "league table" of severity. The effects of sexual abuse are felt whether someone was touched once, subjected to years of abuse, or exposed to unwanted material i.e. internet/pornography.

**"He told me it was OUR secret.
If I ever told anyone they would not believe me."**

Breaking that "secret" will unlock strong emotions but will begin the healing process.

"IT IS NEVER TOO LATE TO TAKE THE FIRST STEP"

4MEN2 at Axis provides a male-focussed service to support you through your healing in one-to-one Therapy.

The partners of Survivors are not forgotten.

4MEN2

can offer full support for them.

"The secret weighed me down. It held me back from a normal life.

I feel so much lighter without the secret - I have my life back."