

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 at Shrewsbury or Telford. 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 take place in a confidential setting in Shrewsbury, Telford or Ludlow.

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 weekly, 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?

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



**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

The Glebe Centre
Glebe Street
Wellington
TF1 1JP
01952 278000

Also at

Ludlow

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**Have you been
SILENCED
by
Childhood Sexual Abuse?**



**Speak
to
AXIS**

A free & confidential service

Shrewsbury 01743 357777

Telford 01952 278000



Up to 1 in 4 boys are sexually abused.
But few reveal the secret.

- ◆ Boys and men can be sexually abused or raped. It has nothing to do with how masculine you are.
- ◆ For some men methods of coping can breakdown and result in depression, relationship problems and feeling worthless.
- ◆ 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

- ◆ You may be confused about what happened to you.
 - ▽ *"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".*
- ◆ You may be feeling shame which prevents you from sharing the secret of what has happened to you. Men "cope with it". It's "what men are expected to do". These are normal natural feelings. But the abuse is never your fault.

Abused children learn to protect themselves emotionally and physically. Their ways of coping include any of these:-

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Withdrawn	- feel it's not safe to express themselves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

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

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

These may result in:-

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

Alone, in silence and still carrying the secret, these problems can 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 can begin. Many men go on to live full and happy lives.

Recovery is a process that requires support for the Survivor through specialised counselling.

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 e.g. internet pornography etc.

"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 start the healing process.

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

4MEN2 at Axis provides a male-focused service to support you through your healing with one-to-one counselling with a qualified counsellor.