

## “Live Your Life — Be Free”

### Did you know that...

- ◆ *One in four females have been sexually abused in some way before they reach the age of 18.*
- ◆ *Most are abused by someone they know, someone who they trusted.*
- ◆ *Many are abused by family members.*
- ◆ *The effects of childhood sexual abuse can last for many years until the feelings are dealt with. This cannot be done alone.*

### **IT IS NEVER YOUR FAULT**

Talk to us in confidence now with an understanding professional counsellor. Join the many women who have found freedom through our confidential service.

*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.*

## We are here to help you

Contact us in Complete Confidence

### SHREWSBURY

Fletcher House  
15 College Hill, Shrewsbury SY1 1LY  
and also at

LUDLOW & BRIDGNORTH

**01743 357777**

Or

### TELFORD & WREKIN

The Glebe Centre  
Glebe Street, Wellington, Telford TF1 1JP

**01952 278000**

[www.axiscounselling.org.uk](http://www.axiscounselling.org.uk)

We hope that you will take advantage  
of our service

“Live Your Life — Be Free”



A Charitable Company Limited by Guarantee  
Reg. In Cardiff No. 3224552 Reg. Charity No. 1074830

# Have you been

# SILENCED

by

# Childhood Sexual Abuse ?



## Speak

to

## AXIS

## A free & confidential service

Shrewsbury 01743 357777

Telford 01952 278000



## Who are Adults Abused as Children?

They are grown-up survivors of Childhood Sexual Abuse. Abuse happens within all social classes, races and religions.

Adults or children may have sexually abused them in different ways:-

- Sexual Touching
- Indecent exposure
- Fondling – oral or genital
- Intercourse / penetration
- Exposure to pornographic material/ internet

Both boys and girls are sexually abused.

Children are also sexually abused by other children. This may happen many times or just once, but leaves a lasting impression.

Children naturally trust adults. Sometimes adults betray that trust. by making the child insecure and depressed and this may lead to many other problems later in life.

The result of childhood abuse in adult life can be:-

- Violent or destructive acts
- Low self esteem
- Troubled marriages/relationships
- Problems in the workplace
- Depression – suppressed anger
- Anxiety
- Eating disorders
- Suicidal thoughts
- Problems bringing up children
- Disturbed sleep patterns
- Drug and alcohol abuse
- Self harm

Many adults who have these problems do not necessarily associate the cause of them with Childhood Sexual Abuse.

**You can lead a happier life**

**Help is available NOW!**

## The Problem?

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
  - pretence that it's not happening to them
  - block out the memory
- Seek approval
  - trying to be perfect
  - pleasing adults
- Withdrawn
  - feel it's not safe to express themselves
- Turning off feelings
  - do not allow themselves to feel
  - protecting themselves from pain
- 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 in showing or recognising 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
- Problems of raising children
- Drugs and alcohol abuse
- Eating distress
- Obsessive compulsive disorders

## How can we help?

AXIS provides a Confidential Independent Counselling Service.

Our team consists of trained and experienced Counsellors and Therapists, skilled and experienced to work with Adult Survivors of Childhood Sexual Abuse.

Past Sexual Abuse can affect not only the survivor but the sexual partner and the whole family unit. Sometimes the partner has not been told of the past abuse and feels disconcerted by the problems faced within the relationship. Axis LINK is specifically for partners and loved ones.

In our team of men and women we have Accredited Marital/Relationship Counsellors who understand the difficulties couples face when they have problems associated with past abuse.

You may choose to see our Psychosexual therapists. They are trained to help couples and single people with any sexual difficulties they face as a result of the trauma of Childhood Sexual Abuse.

Our receptionists have been trained and selected for their care and understanding of this particular difficulty in which many adults find themselves.

Axis offers independent sexual violence advisors (ISVA) should you wish to speak to them.

**You can break free**

**Adults Abused as Children  
are SURVIVORS**

