

## Useful Numbers

### **The National Association for People Abused in Childhood (NAPAC)**

Call 0808 801 0331 free from all landlines and mobiles  
NAPAC provides a national freephone support line for adults who have suffered any type of abuse in childhood.  
Telephone support line opening hours: Monday – Thursday 10:00am-9.00pm and Friday 10.00am-6.00pm  
Website: [www.napac.org.uk](http://www.napac.org.uk)

### **SurvivorsUK Helpline Web Chat**

National Helpline Web Chat for adult male survivors of rape or sexual  
(Monday – Friday 10.30 – 21:00; Saturday – Sunday 10:00 – 18:00)  
Website: [www.survivorsuk.org](http://www.survivorsuk.org)

### **PODS: Positive Outcomes for Dissociative Survivors A project of Survivors Trauma and Abuse Recovery Trust (START)**

PODS works to make recovery from dissociative disorders a reality through training, informing and supporting.  
Helpline: 0800 181 4420 – Tuesdays 6-8pm or appointments at other times by contacting the office  
Email: [mail@start-online.org.uk](mailto:mail@start-online.org.uk) (for START) or [info@pods-online.org.uk](mailto:info@pods-online.org.uk) (for PODS)  
Website: [www.start-online.org.uk](http://www.start-online.org.uk) and [www.pods-online.org.uk](http://www.pods-online.org.uk)

### **Counselling for sexual - abuse survivors - safeline.org.uk**

Safeline have already helped 25,000 in their journey through abuse.  
Helpline: 0808 800 5008 Website: [www.safeline.org.uk/](http://www.safeline.org.uk/)

# 10 Week Survivors Group

## Child Sexual Abuse

- Generally accepted figure of 1 in 4 girls and 1 in 6 boys are sexually abused in childhood.
- Every victim feels alone when they are abused.
- CSA is a developmental catastrophe for a child. It affects our view:
  - Of the world
  - Of relationships
  - Of ourselves
- It causes psychological trauma

## Why come to a group?

We understand coming to a group can be incredibly difficult. However, from our experience and research people can learn a lot more from being alongside others who have had similar experiences.

## What will the group look like?

Each meeting will last for 2 hours and will have a break in the middle. It will be open to men and women of all ages.

## Surviving Abuse

This group is designed to help you think in a new way about your past and gradually break free from the problems that are currently disrupting your life.

You are not expected to share openly about your experience. However, many attendees feel safe enough to be themselves and participate fully in the discussions that result from our topic areas.

## Topics Covered

- The effects of abuse including flashbacks
- Why children can't tell / secrets
- Why abusers abuse
- How our early experience shape our beliefs about ourselves, others and the world
- Anxiety, anger & depression
- Relationships
- Confidence & self esteem
- Coping strategies & recovery