

## **MUTUAL SUPPORT MAKES ALL THE DIFFERENCE**

We currently have two weekly support groups operating, making AMSOSA the longest lasting support group in the UK since 1991.

We offer non-offending male survivors the time and space, in a confidential and safe environment, to overcome all of the thoughts, fears & feelings that are associated with the abuse.

If you have suffered sexual abuse as a child or adult, you can take part in an incredible healing process, which will enable you to focus on your future and leave the past where it belongs!

As a survivor-led agency, we understand the stress and trauma you feel.

*What was done to you was wrong,  
but there is nothing wrong with you!*

**[www.amsosa.com](http://www.amsosa.com)**

## **TRAINING**

We provide specific training sessions to agencies & helplines with adult male survivors of sexual abuse and vulnerable adult males.

Please contact us for further details.

## **YOU CAN HELP US**

We need your support so please consider donating whatever you can to help us continue to help others.

We need and welcome any support and contributions that will enable us to continue and develop the work that we do.

## **THANK YOU**

Our grateful thanks & appreciation to our many supporters and allies, who are far too many to mention here, but who know who they are



**AMSOSA**

Adult Male Survivors Of Sexual Abuse

**Supporting adult  
male survivors of  
child sexual abuse  
and adult sexual  
assaults/rape**

**HELPLINE**

**0845 430 9371**

**161 Victoria Road  
Swindon, Wiltshire  
SN1 3BU**

*Truth will always be the truth,  
regardless of understanding,  
disbelief or ignorance!*

## SEXUAL ABUSE AND RAPE

*1 in 4 males will survive some form of sexual abuse before reaching 18.*

No one is immune from the traumas of sexual abuse, particularly adult male survivors, and the abuse can have long lasting, devastating effects upon you, your partner and family.

Both male and females perpetrate male sexual abuse.

The complex issues and effects that surround sexual abuse and rape can outlast almost any other event in life.

All too often, all aspects of daily life are negatively affected.

## CONFUSED THOUGHTS

*"I let it happen"*

*"If I forget about it, it won't matter"*

*"No one will believe me"*

*"Was it my fault?"*

## ANGRY

*Desperate*

## LONELY

*Traumatised*

*Desolate*

## CONFUSED

**Numb**

FRIGHTENED

**HURT**

**Alone**

*... Or not sure how you should feel?*

You can overcome the abuse; you can reclaim your life back, and live free from the pain and sadness that has haunted you for so long.

The list is endless, but the pain doesn't have to be.

## CURRENT EFFECTS

*Emotional:*

Low self-esteem, guilt, shame, depression, anger, etc.

*Relationships:*

Isolation, fear of trusting others, fears of intimacy, etc.

*Behavioural:*

Alcohol and/or drug misuse, obsessive and compulsive behaviours, etc.

*Sexual:*

A whole range of issues can be experienced on this level.

All of the issues above are normal responses to traumatic events, yet many survivors continue to blame themselves, and are often afraid they will be disbelieved or blamed if they seek help.

If unable to attend our group sessions please contact us via the Helpline, or via our website at

**[www.amsosa.com](http://www.amsosa.com)**