



## WHO WE SUPPORT

At moMENTum we welcome:

- Devon-based, non-offending men who have been sexually abused in childhood or who are concerned they may have been
- recipients of current mental health or support services, as well as men who don't receive formal support
- men of any age (18+), race or sexual orientation

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moMENTum models so many qualities that were missing from my childhood: trust, acceptance, honesty, compassion, and non-judgemental support.

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## WHAT WE OFFER

As well as regular group meetings, we provide:

- advice on accessing the help you need right now
- support in finding one-to-one and group counselling and therapy
- creative group days in nature
- weekend residential workshops
- training for professionals in working with male survivors and managing disclosure

Whenever you are ready,  
we are here

## CONTACT US

If you would like to learn more about moMENTum or talk to us about the support we offer, do get in touch:

- 07773 151080
- [info@momentumdevon.org.uk](mailto:info@momentumdevon.org.uk)
- [momentumdevon.org.uk](http://momentumdevon.org.uk)



Scan me! 

If we can't answer your call immediately, please leave your number and give us permission to call you back. We do not run an out of hours crisis helpline but we will always return your call as soon as we can.

Anything you tell us is confidential.

## OTHER SUPPORT AVAILABLE

If you need urgent support right now, contact the Samaritans:

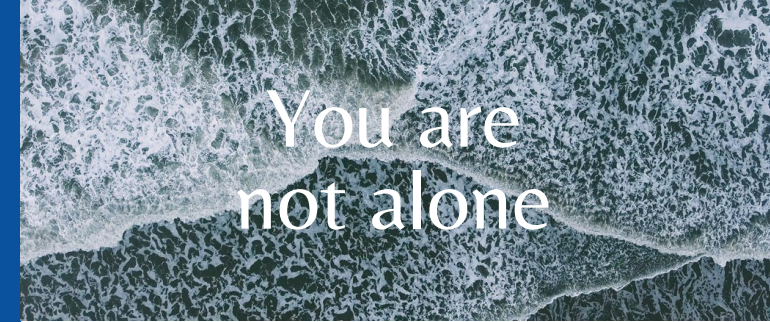
- Call free (24/7) on 116 123
- [samaritans.org](http://samaritans.org)

If you are considering reporting the abuse to the police, First Light may be able to support you through the process:

- [firstlight.org.uk](http://firstlight.org.uk)

For more support organisations, see our Links & Resources webpage:

- [momentumdevon.org.uk/resources](http://momentumdevon.org.uk/resources)



# You are not alone



### SUPPORTING MALE SURVIVORS OF CHILDHOOD SEXUAL ABUSE

Group-led and one-to-one mutual support for male survivors of childhood sexual abuse in Devon.

We are survivors ourselves. We understand the deep and lasting effects of complex childhood trauma.



” This community of men has been incredibly important in my journey of recovery and healing. ”

## Knowing how difficult it is, is why we are here

### WHO WE ARE

moMENTum began life when its founders, John and Russell, met at a group therapy programme for male survivors. Unable to find the continued support they needed, they set up a group of their own.

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**Men find it makes so much difference to talk to fellow survivors who 'get it'.**

~ Russell ~

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**Mutual support for male survivors is at the core of moMENTum.**

~ John ~

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### WHAT MAKES MOMENTUM DIFFERENT

moMENTum is not a time-limited service but a community of male survivors offering professional help and mutual support through lived experience.

- There is no waiting list.
- There are no criteria you must meet to receive support.
- Support is not time- or goal-based but ongoing, reflecting your needs as they change over time.

### YOU ARE NOT ALONE

In the past, it was widely believed that incidences of childhood sexual abuse were rare. We now know this is not true. One in six boys are sexually abused in childhood. It takes male survivors 26 years on average to disclose what happened to them. Most never do.

### THE EFFECTS OF TRAUMA

The legacy of complex trauma resulting from childhood sexual abuse runs deep. Its effects tend to be long-term, causing mental, emotional and physical distress. Many survivors report chronic feelings of *shame, anger, depression, self-disgust, lack of self-confidence, not belonging or fitting in.*

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**All of you is welcome here: the frightened child, the angry adult, the parts of us we know and the parts of us we are terrified and ashamed of.**

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### DISPELLING THE MYTHS

Misunderstandings about male childhood sexual abuse are common. Here are some things it might help to know are NOT true:

- ✗ Male childhood sexual abuse is very rare.
- ✗ Childhood sexual abuse is less harmful to boys than girls.
- ✗ Boys who are sexually abused will go on to abuse children when they grow up.
- ✗ Women don't abuse boys.

### JOIN A MOMENTUM GROUP

moMENTum holds regular groups for survivors in Exeter and Barnstaple. In these small groups, everyone gets a chance to talk if they want. We listen to each others' experiences and offer support without judgement. You only ever say what you want to say, when it's right for you.

Some men come to most meetings, others join us when they feel able. There is no pressure to attend.

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**It took me forty three years to realise I was not alone.**

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### WHY GROUPWORK?

Childhood sexual abuse leaves us feeling cut off and alone. A moMENTum group is a safe place where you can feel supported and be heard.

Being with a group of men who understand, because *they've been there too*, can be very supportive and healing.

### IS IT RIGHT FOR ME?

Group work is not for everyone, and sometimes it's just not the right time. Recovery needs to happen at your pace. Some men who contact us choose to meet one-to-one for a while before joining a group.

All of you is welcome here