

## Resources and links for adult survivors of sexual abuse

### ***National organisations:***

[www.thesurvivorstrust.org](http://www.thesurvivorstrust.org) – The Survivor's Trust are a national umbrella agency for over 135 specialist rape. Sexual violence and childhood sexual abuse organisations through the UK and Ireland.

[www.napac.org.uk](http://www.napac.org.uk) – The National Association for People Abused in Childhood - a website and free helpline for survivors of sexual abuse. We have very few services (locally and nationally) for survivors of sexual abuse, so this is an useful resource for you to pass to service users so they have someone to talk to about their experiences.

[www.oneinfour.org.uk/for-survivors/](http://www.oneinfour.org.uk/for-survivors/) - Support survivors with counselling, groups, advocacy, and about resources and practical exercises for support.

[www.survivorsuk.org](http://www.survivorsuk.org) – website for male survivors of sexual abuse and assault.

<https://1in6.org/> - website for male survivors of sexual abuse.

[www.rapecrisis.org.uk](http://www.rapecrisis.org.uk) - Rape Crisis helpline – 0808 802 9999 – National organisation offering support and counselling for those affected by rape and sexual abuse. See website for local groups or contact directory enquiries.

[www.ninaburrowes.com](http://www.ninaburrowes.com) – Nina Burrowes is a psychologist working in the field of sexual abuse. She has publications and a series of Youtube videos about sexual abuse - <https://www.youtube.com/channel/UCdk44BCpmDaG6MoytwogFpQ/videos?app=desktop>

### ***Associated difficulties:***

[www.mind.org.uk](http://www.mind.org.uk) - Provide advice and support to empower anyone experiencing a mental health problem.

[www.dentalfearcentral.org](http://www.dentalfearcentral.org) – Information and guidance for people who have a fear of dentists.

<http://www.mybodybackproject.com/services-for-women/mbb-clinics/> - Run clinics especially for women and trans men who have experienced sexual violence, where women who have experienced sexual assault are able to access cervical screening, STI checks, and coil fittings and removals.

<https://www.jostrust.org.uk/information/cervical-screening/cervical-screening-after-sexual-violence> - Advice for women regarding smear tests after sexual abuse or violence.

[www.firstpersonplural.org.uk](http://www.firstpersonplural.org.uk) - Dissociative identity disorders association. A membership association open to dissociative survivors, their friends, family and professional allies.

***Self help links:***

<https://survivorsnetwork.org.uk/resource/survivors-self-help-guide/> - an excellent self help guide for survivors of sexual abuse.

<https://livingwell.org.au/> - An Australian website for men who have been sexually abused – information and support to enhance wellbeing, better manage difficulties and build healthy relationships.

<https://napac.org.uk/project/untangling-the-web-of-confusion/> - podcast or pdf for survivors of sexual abuse

<https://www.ualberta.ca/current-students/sexual-assault-centre/-/media/b0b9b41c178e4e61b22cf41a837fe870.ashx> - Sexual intimacy after sexual assault.

<https://survivorsvoices.org/> - Survivors Voices is a national peer-led organisation run by and for adult survivors of abuse and inter-personal trauma and those who support them.

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