

**Talk to a mate  
who can relate**

# samsn



SURVIVORS & MATES **SUPPORT** NETWORK

*"I found further ways of coping, to re-commit to healing and not to remain paralysed... the healing that can occur can turn lives around. Recovery from sexual abuse can't be done alone"*

- MICHAEL

*"I have lost the shame and the feeling of being alone"* - NIK

*"I was a child when the abuse happened. The Group has made me realise that I can't blame myself for that"* - DANE

Confusion about masculinity and sexuality is a common experience for many men who have experienced sexual assault in their childhood and adolescence. Some find it difficult to know who to trust and continue to feel silenced.

The ongoing impacts can include depression and anxiety, difficulty with relationships, shame, guilt and substance abuse and other addictions including gambling.

Any man struggling with the effects of child sexual abuse needs to know that it was not his fault and that **recovery is possible**.



AUSTRALIA'S LEADING  
ORGANISATION FOR  
**MALE SURVIVORS OF  
CHILD SEXUAL ABUSE**  
AND THEIR SUPPORTERS

**SAMSN HELPLINE: 1800 472 676**

#### SAMSN Office

Hours: 9am – 5pm, Monday to Friday  
Telephone: 02 8355 3711  
Email: [support@samsn.org.au](mailto:support@samsn.org.au)  
Address: Ground floor  
8-10 Palmer Street  
Parramatta NSW 2150



SAMSNaus



@SAMSNaus

SAMSN respects your privacy. We are committed to protecting and keeping your personal information safe.

SAMSN is not affiliated with any religious organisation

SAMSN acknowledges the traditional owners of the lands across Australia upon which we live and work. We pay deep respect to Elders past, present and future.



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SURVIVORS & MATES **SUPPORT** NETWORK



## SURVIVORS & MATES SUPPORT NETWORK

### WHO WE ARE

Survivors & Mates Support Network (SAMSUN) is a not-for profit charity co-founded by male survivors for male survivors and their supporters.

SAMSUN offers a range of FREE services available to men regardless of age, ethnicity, sexual orientation, or religious beliefs.

**Our vision** is a society in which male survivors of childhood sexual abuse can easily access peer and professional support.

**Our mission** is to build a support network that gives voice and agency to male survivors across Australia.

**SAMSUN**  
services are FREE  
for survivors and  
their supporters.



**samsun**  
SURVIVORS & MATES SUPPORT NETWORK

### WHAT WE OFFER

- **Men's Support Groups** Since 2011, we have run over 45 groups for male survivors. These groups are professionally facilitated by two experienced group facilitators who provide the participants with practical information and resources to assist in their recovery, in a safe peer-support environment. SAMSUN's Support Groups are free and held once a week from 6pm to 8pm, over eight weeks in a range of locations. Many men have found that making connections with other male survivors has helped their recovery and can be life-changing.
- **Monthly Drop-in Meetings** are available for men who have completed one of SAMSUN's eight-week groups. These professionally facilitated meetings offer continued connection with a focus on support and on-going recovery.
- **Planned Support** SAMSUN's team provides professional and peer support based on individual needs. We work alongside survivors and their families to negotiate systems such as:
  - Government services including Centrelink, Housing and Victim Support services
  - Criminal and civil legal services
  - The National Redress Scheme
  - Finding a specialist counsellor

- **Service Providers Workshops** are designed for anyone working with adult male survivors of childhood sexual abuse including social workers, police, general practitioners, psychologists and psychiatrists. The impacts of sexual abuse on men are explored, along with strategies that can help men recover. These workshops include a lived-experience component and emphasise the importance of trauma-aware practice.
- **Supporters Workshops** These workshops are an opportunity for family members and friends of survivors to meet with each other and SAMSUN facilitators. The focus of the workshop is to explore together ways of assisting the recovery journey for survivors. We also look at the ripple effect of abuse on family and friends and ways of addressing this. Survivors are also welcome to attend.

**[WWW.SAMSUN.ORG.AU](http://WWW.SAMSUN.ORG.AU)**

***For more information about SAMSUN as well as the dates and locations of our workshops and eight-week groups, please visit our website or give us a call on 02 8355 3711 or 1800 4 SAMSUN (72676)***