

SAMSN

We are here to help



Who is SAMSN (Survivors & Mates Support Network)?

SAMSN is a charity founded by male survivors of child sexual abuse, for male survivors and their supporters.

Since 2011, SAMSN has offered services to male survivors of child sexual abuse, their families and friends.

All these services are free and confidential and available to people living in NSW or to men who are living outside NSW but who were sexually abused in NSW.

These services include:

Peer Support Phone Line*

This is not a crisis line, but gives a man the opportunity to speak to another male survivor of child sexual abuse. These calls are available on Tuesday and Thursday evenings.

Planned Support*

This is one on one practical support for example with housing or Centrelink. This support is available Monday to Friday from 9am to 5pm.

Eight-week Support Groups and Monthly Online Drop-in Meetings

Peer support groups led by social workers or psychologists. These groups and meetings are held in the evenings.

Counselling*

One on one confidential counselling available for male survivors of child sexual abuse, their families and friends. Counselling is available Monday to Friday from 9am to 5pm.

*Interpreters are available to assist for these services

Contact SAMSN

SAMSN is open Monday to Friday 9am to 5pm.

Phone: 02 8355 3711

Free call: 1800 472 676

Email: support@samsn.org.au

Address: Ground Floor
8 – 10 Palmer Street
Parramatta NSW 2150
Wheelchair accessible

TTY: 131 450 (within Australia)
+613 9268 8332 (outside Australia)

Sharing resources

SAMSN has received funding to translate into three languages (Arabic, Vietnamese and Dari) some of the resources [on its website](#).

These resources are for:

Introductory factsheet

- SAMSN - We are here to help

Survivors of child sexual abuse

- I am trying to work out if I should tell someone what happened to me or to my child.
- What help is available.
- Disclosure: making the decision to talk about what happened.
- Dealing with anger.
- Dealing with nightmares.

Supporters of survivors

- Communication tips.
- Disclosure: how you can help?
- Disclosure: information for partners.
- Supporting yourself

Wellbeing

- Living by your values.
- The importance of keeping well.
- Managing emotions.
- Connecting and learning.

You can go straight to these resources from SAMSN's homepage and by clicking on the button for the language you want.

