

support

We are constantly seeking new sources of funding to support our services. If you would like to help, here are some of the ways you can make a difference.

no effort

If you use the internet, the easiest way to support us is to change your web browser to **www.everyclick.com** and nominate us as your chosen charity.

little and often

Contributing a small regular donation can make a real difference to our work. You can either set up a standing order direct from your bank, or go to www.cafonline.org to give tax-free regularly or through a one off donation.

leave it til later

Leaving a gift to us in your will is a way of ensuring your generosity makes a difference beyond your lifetime. This can be done easily and without charge by using the CAF Legacy Service. To find out about this and other tax-free ways of giving, go to www.cafonline.org. Our bank details are:

MANKIND UK
CAF Bank, 25 Kings Hill Avenue, West
Malling, Kent, ME19 4JQ

sort code: 40-52-40
a/c number: 00015031

contact

mankind

PO Box 124
Newhaven
East Sussex
BN9 9TQ

01273 510447
enquiries@mankinduk.co.uk
www.mankinduk.org.uk

Please contact us for information on how to access our services

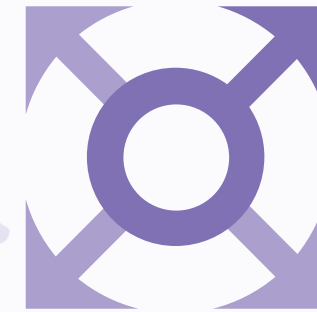
We know how difficult it can be to make that first contact with us. We have many years experience of delivering services and are sensitive to what you may be going through so please do get in touch. It may change the rest of your life



The Rayne Foundation
Trusthouse Charitable
The Tudor Trust

member of
The British Association of Counselling & Psychotherapy

mankind is the operational name of Mankind UK
company registration number: 4109128



mankind

support for men
who have been
sexually abused

1-1 counselling
couple counselling
therapeutic groups
resource library
training




registered charity no: 1086575

purpose

mankind aims to support men over the age of 17 who are suffering the continuing effects of childhood sexual abuse and/or adult sexual assault at any time in their life, regardless of their sexual orientation, race, religion or ability.

mankind does not subscribe to the notion that "some types of abuse are worse than others." It is the impact on the individual that counts.

3 IN 20 MEN ARE AFFECTED BY SEXUAL VIOLENCE

-  *Sexual violence can be physical, mental, coercive or manipulative.*
-  *Sexual violence can involve women as well as men as the perpetrators.*
-  *Regardless of how it felt at the time problems may occur later on in life.*

mankind is aware that men affected by sexual violence are not lone individuals. They are members of families, partnerships and communities. It is for that reason that our services are available to family members, partners and anyone affected by the sexual assault of males.

The services we provide will involve a fee based on a sliding scale according to income. We do not exclude anyone on the basis of their inability to contribute.

effects

There is much ignorance and misinformation surrounding male rape and sexual abuse. Society's lack of understanding about the size of the problem together with the pressure on men to appear strong and masculine can increase feelings of confusion, guilt, shame and doubt. Suppression of these feelings can create many complex issues including:

- Anxiety
- Depression
- Low Self-Esteem
- Social Alienation
- Sexual Dysfunction
- Intimacy and Trust Issues
- Aggression
- Delinquency
- Self-Harm
- Substance Misuse
- Relationship Problems
- Marital Breakdown
- Poor Parenting

resources

Library

mankind has an extensive library of books, DVDs and research papers relating to the sexual assault of males. Available on a visit-only basis, please call to book a session.

Training

mankind supplies professional training on male abuse issues - please contact us to find out about our workshops.

services

1-1 Counselling

An opportunity to talk, in a safe and confidential environment, to an experienced counsellor who understands the complexity of issues sexual abuse can create. Telling your story and having someone really listen to you can be enormously helpful. Exploring what has been previously hidden can allow the past to be put to rest and enable a new future to emerge.

Couple Counselling

Sexual abuse issues can affect partnerships in many ways. Couple counselling is a chance for you and a significant other to talk and listen in a structured setting. This allows an opportunity to gain better insight, understanding and see your relationship from a different perspective.

Therapeutic Groups

Being part of a group can relieve isolation and the feeling of "being the only one this has happened to." Sharing your story and hearing other men's experiences can be enlightening. Therapeutic groups are an alternative way to explore the past and understand the present.

We also run creative therapeutic groups that use techniques such as photography, art and writing. Creative therapeutic groups offer an opportunity to explore alternative ways of expressing yourself.