

Talking about

abuse that

happened in

childhood



People often live for many years with the knowledge or feeling that they have been abused when they were children and this can have an impact on their lives. It can make people feel ashamed and guilty – as if the abuse was somehow their fault.

It is not your fault.

Abuse can be the cause of low self-esteem, depression, physical illnesses or sometimes people use alcohol or drugs, or self-harm. If the abuse started very early, you may have developed ways to block it out or 'switch off'. Often, adult survivors of abuse feel unsure, or do not feel safe to talk about it.

Talking about past abuse is often extremely difficult and many people who have been abused stay silent about it for years because of their real fear about what might happen if they tell someone. It often feels better to 'keep the lid on it' in the hope that the feelings will go away.

Memories of abuse can be triggered by: -

- A medical procedure of some sort
- The death of the abuser
- A major life event, such as becoming a parent, a serious illness or the death of someone close
- Someone else disclosing abuse that happened to them
- A TV programme or media coverage about abuse
- A real concern that someone else (maybe a child) is being abused by the same person
- Just not being able to cope with the feelings any longer

What Survivors Have Said Can Help

Talking to someone

Maybe to a person or professional who you trust. Talking can stir up strong feelings, but can also be a great relief. These are all very understandable and normal feelings.

Write or draw/paint

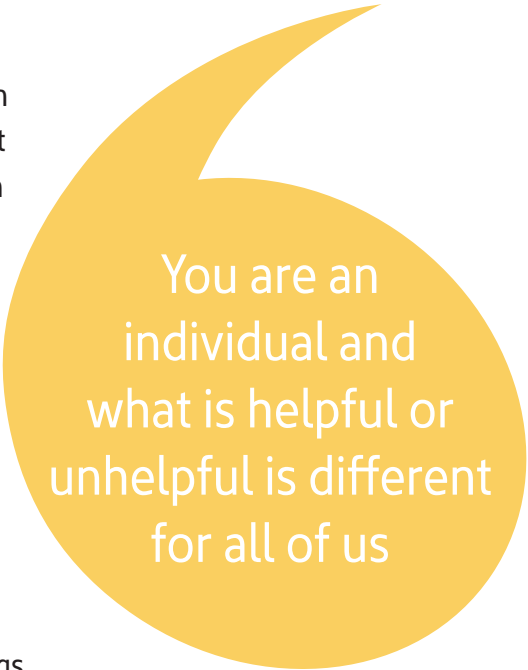
It can help to write down feelings and memories, or to express them in a creative way, such as drawing or painting – just getting them out in some way can help – the writing or artwork can always be thrown away.

Help and support

It can help to get in touch with a trusted friend, family member, or health professional who has been supportive of you before, or contact one of the support groups or help-lines (listed at the end). It's your choice – think of someone that you feel comfortable with.

Gentle exercise

Studies have shown that gentle exercise such as walking or yoga can have great benefits in reducing your anxiety and stressful feelings.



You are an individual and what is helpful or unhelpful is different for all of us

Places to get Help and Support

Your GP is a good place to start and will be able to offer confidential advice and have access to specialist local health services such as counselling, drug and alcohol support or mental health services.

Statutory agencies you may wish to contact for advice include:

Children Social Care

Nottinghamshire Multi Agency Safeguarding Hub (MASH)



0300 500 80 90



mash.safeguarding@nottscs.gcsx.gov.uk

Nottingham City Children's Social Care



0115 915 0800



childrens.services@nottinghamcity.gov.uk

Nottinghamshire Rape Crisis

Telephone helpline support/counselling/referral service for males and females aged 13+, for both survivors of recent and historical sexual violence and their friends/family.



0115 941 0440



dutysupervisor@nottinghamrapecrisis.org.uk



www.nottinghamrapecrisis.org.uk

(Nottinghamshire Rape Crisis is a service procured by statutory agencies and which is quality assured by them)

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Adult Social Care

If you contact adult social care services the following will be considered:

- Any immediate risk to the citizen or from the alleged perpetrator and whether immediate intervention is required from the Police, Health and / or Social Care;
- Whether the victim/survivor requires an Adult Social Care Assessment;
- The need to provide advice and guidance in relation to Support Services through consulting the Self Help UK database and advising of services;
- Sharing of information with General Practitioners with consideration to Consent and Data Protection;
- Referral to Nottingham City Council Children and Families Duty Point or Nottinghamshire County Council's MASH.

City Enquiries



0300 300 3333

A secure online referral can be made via adult.contactteam@nottinghamcity.gcsx.gov.uk

County Enquiries






0300 500 8080

Other local organisations:




ISAS (Incest and Sexual Abuse Survivors)

Service for one-to-one, group and telephone counselling and support for all survivors of childhood sexual abuse in Nottinghamshire.

-  0115 8240314
-  enquiries@isas-notts.org.uk
-  www.isas-notts.org.uk




S.H.E. UK (Supporting Healing Educating)

S.H.E. UK provides self-help based support for female survivors of childhood sexual abuse.




-  01623 622916
-  info@she-uk.org.uk
-  www.she-uk.org.uk

Topaz Centre (Nottinghamshire Sexual Abuse Referral Centre)



Support for all victims of rape and sexual assault (historic and recent) aged 13+.

-  0845 6001588
-  support@topazcentre.org.uk
-  www.topazcentre.org.uk

The Survivors Trust c/o Nottingham Counselling Service (Nottinghamshire). Individual counselling and support for all survivors of sexual abuse aged 16+ (note this is not a free service).




-  0115 950 1743
-  info@nottinghamcounsellingcentre.org.uk
-  www.nottinghamcounsellingcentre.org.uk/index.php/sexual_abuse_project/

Self Help Nottingham - Services for survivors.

-  0115 911 1611 (Monday to Friday 9.00am - 1.00pm)
-  www.selfhelp.org.uk/notts-groups




East Midlands Survivors

Counselling and support services for survivors of sexual abuse.

-  0115 841 9006
-  emsurvivors@outlook.com
-  www.emsurvivors.org

MENding UK (operating under the umbrella of S.H.E UK registered charity)




MENding UK provide a holistic range of services for male survivors of sexual and domestic violence (historic and recent).

-  01623 622916
-  info@mending-uk.org
-  www.mending-uk.org

National services include:

NAPAC




National advice line for the National Association for People Abused in Childhood.

-  0808 801 0331
-  support@napac.org.uk
-  www.napac.org.uk

Survivors UK (Monday to Friday 9.30am - 5.00pm.




Online web chat: 10.30am - 9.00pm week days, 10.00am - 6.00pm weekends)

National advice line and online chat service providing information, support, counselling for men who have been raped or sexually abused.


-  0203 598 3898
-  help@survivorsuk.org
-  www.survivorsuk.org

Survivors In Transition



A range of individual support including phone, online and face to face counselling for victims aged 18+.

-  07765 052282
-  info@survivorsintransition.co.uk
-  www.survivorsintransition.co.uk

NSPCC Helpline

-  0808 800 5000
-  help@nspcc.org.uk
-  www.nspcc.org.uk

British Association for Counselling and Psychotherapy

-  01455 883 300
-  www.itsgoodtotalk.org.uk