

CHILD SEXUAL ABUSE & TRAUMA RESOURCES

SURVIVOR INITIATIVES

Survivors' Collective

www.survivorscollective.co.uk

Activist project run by and for survivors of childhood sexual abuse, based in London.

Not The Only One

silkegrygier.com/not-the-only-one/

Survivor-led outreach project for students at UK universities who have experienced childhood sexual abuse.

Disabled Survivors Unite

<http://disabledsurvivorsunite.org.uk/>

Activist project run by and for disabled survivors of abuse and sexual violence.

REIGN

www.reclaim.org.uk/reign

Activist project run by young survivors of childhood sexual exploitation, based in Manchester.

SUPPORT SERVICES IN LONDON

One in Four

<http://www.oneinfour.org.uk>

Low cost counselling and workshops for survivors of childhood sexual abuse.

NAPAC

<https://napac.org.uk>

Helpline and information for adult survivors of any form of childhood abuse.

Rape Crisis

<https://rapecrisis.org.uk/centreslist.php?area=london>

Counselling, helpline, workshops, and advocacy for survivors of rape.

Solace Women's Aid

<http://solacewomensaid.org>

Counselling, helpline, workshops, and advocacy for survivors of sexual and domestic violence.

Survivors UK

<https://www.survivorsuk.org>

Counselling & web chat for male survivors.

Traumatic Stress Service (Maudsley Hospital)

<https://www.slam.nhs.uk/our-services/service-finder-details?CODE=SU0098>

Specialised therapeutic support for dissociation, PTSD, and complex trauma (NHS).

MyBodyBackProject

<http://www.mybodybackproject.com>

Clinics: cervical screening, STI checks, coil fittings & removals; maternity clinic.

Workshops: Reclaiming your sexuality after sexual violence.

HELPLINE & INFOLINES

Solace Women's Aid: 0808 802 5565

Samaritans: 116 123

<https://www.samaritans.org>

Nightline (for students): 0207 631 0101 (phone); 07717 989 900 (text)

<http://nightline.org.uk>

Saneline: 0300 304 7000

<http://www.sane.org.uk/home>

Mind: 0300 123 3393

<https://www.mind.org.uk/information-support/helplines/>

REPORTS DRAWING ON SURVIVORS' EXPERIENCES

Survivors' Voices Report

www.oneinfour.org.uk/survivors-voices-uk/

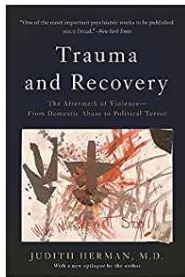
Report based on survivors sharing their experience of how sexual abuse in the family and close environment has affected them and what has helped them to cope.

Making Noise Report

<https://www.beds.ac.uk/ic/recently-completed-projects/making-noise>

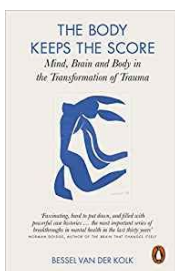
Research project involving children & young people who have experienced sexual abuse in the family environment, sharing their views on how the abuse has affected them and their experiences with support, family, social services, legal system, etc.

BOOKS



Trauma and Recovery (Judith Herman)

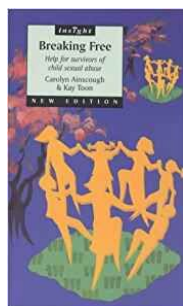
A great book about trauma, linking the private and public in exploring common principles of oppression, abuse, and violence across different settings from abuse within the family to war and political terror. Written very respectfully towards survivors, focuses on a complex trauma model and addresses mislabeling and oppression within Psychology / Psychiatry.



The Body Keeps The Score (Bessel van der Kolk)

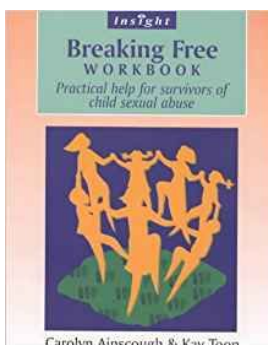
Another great book about trauma published in 2016, explaining the psychological, neurological, and physiological basics of traumatic stress, as well the consequences of violence, abuse and neglect, and a diverse range of approaches to recovery. You can find an introduction to this book here:

<https://www.brainpickings.org/2016/06/20/the-body-keeps-the-score-van-der-kolk/>



Breaking Free

This book explains the damage caused by CSA and the effects it has in adults. Through exercises, it helps survivors work through their emotions, including guilt, their thoughts and the symptoms they face. It is very useful as a first book about the impact of CSA, as it is straightforward, clear and the authors demonstrate a supportive understanding of what it means to be a survivor. To get the most out of it, you should do the exercises as you read and it can be helpful to do this alongside therapy or together with your therapist.



Breaking Free Workbook

This is a workbook you can use alongside with the 'Breaking Free' book, containing all the exercises and space for writing directly in the book. Also, for some exercises it contains questionnaires which can give very helpful prompts when you are stuck with an exercise, for example a list of common symptoms, or a list of common coping strategies.