



**YOU ARE
NOT
ALONE**

*Approximately
1 in 6 men will
experience
sexual abuse in
their lifetime.*

Support for men who have been sexually abused or assaulted is available across Northern Ontario.

If you want to talk or need information about support services near you, contact:



Centre de counselling de SUDBURY
SUDBURY Counselling Centre

260 Cedar Street
Sudbury ON P3B 1M7

www.counsellingccs.com

705.524.9629

Find Help 24/7 Information
and Referral Services:

1.866.887.0015

MALE SURVIVORS



Support for men who have been sexually abused or assaulted.



Centre de counselling de SUDBURY
SUDBURY Counselling Centre


Funding for this Program is provided by
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ARE YOU A MALE SURVIVOR?

There are thousands of male survivors living in communities across Northern Ontario.


- ▶ Male survivors come from all walks of life.
- ▶ They are all ages, cultures, sexual orientation and religions.
- ▶ They are community leaders, fishermen, labourers and professionals.
- ▶ Male survivors are neighbours, friends, fathers and sons.
- ▶ They are strong and courageous men.
- ▶ Male survivors of abuse or assault often live in silence.



**You have already survived,
now it's time to recover.
Help is available for you
and your family.**

Sexual abuse and assault can happen anywhere and to anyone. For men, telling someone that you have been abused or assaulted is the most challenging, yet the most life affirming first step towards recovery.

Living in silence or ignoring the trauma you feel can lead to problems at the time of abuse and later on in life. Problems can be physical but also emotional, mental and spiritual.



THE MALE SURVIVORS PROGRAM

The Male Survivors program provides free and confidential counselling support to men who have experienced sexual abuse or assault.

The program supports men aged 16 and over to regain a sense of control over their lives by developing positive coping skills. It is designed specifically to meet men's needs in a way that speaks to men.

Please do not live in silence
Share how you are feeling with
someone you can trust.

**If you're ready to talk,
we're ready to listen.**