

Remember...

We believe you.

It was not your fault.

We will listen with empathy.

If you would like to provide feedback on RSVP and our services, please visit:
www.rsvporg.co.uk/malesurvivors

Get in touch

You are not alone.
When you're ready, we're here to support you at your own pace.

To speak to someone:
Services: 0121 643 0301 option 1

To speak to someone anonymously:
Helpline: 0121 643 4136

Don't feel ready to talk yet? Email for information about our services:
info@rsvporg.co.uk

Or visit our website & learn about our services for men and boys:
www.rsvporg.co.uk/malesurvivors



We know it can be hard to talk ...



Support for men and boys subjected to sexual violence and abuse



formally known as Rape Crisis

you can talk to us

We support and inspire people of any sex or gender subjected to sexual violence and abuse to live a future with hope and confidence.

- **We believe** — we'll listen, believe you and will not judge you.
- **We are bold** — we'll support you to make the decisions and choices that are right for you.
- **We are big-hearted** — we've supported survivors since 1978, when we were established as Rape Crisis.

We provide compassionate, confidential and free services to children and adults of any sex or gender living in Birmingham and Solihull.

We work in ways that recognise your rights and know that survivors come from all walks of life.

We're committed to equality regardless of age, disability, economic status, gender, sexual or relationship identity, marriage and civil partnership, pregnancy and maternity, race, religion and belief, or sex.

Our services are free but if you are able to we can provide information about paid therapy and counselling with our sister organisation GINA. There is no waiting list for this private service. Please ask for more information.

Our services are offered from Birmingham City Centre and also a few other locations around Birmingham and Solihull, with telephone support also available. Please ask for more details.

Counselling For Men & Boys

We can offer you face to face or telephone counselling; both provide a safe place to talk and explore your feelings. We have appointments available at different times, at various locations around Birmingham and Solihull, with counsellors of different sexes for you to choose from.

"My counsellor was by far the best I've ever seen."

What is the sexual violence or abuse of males?

The sexual violence or abuse of males is any unwanted or non-consensual sexual act performed against a man or boy at any time in his life.

It can happen to anyone, regardless of size, strength, appearance, or sexual orientation.

Advocacy For Men & Boys

Practical support whether you have chosen to report to the police or not. Our Independent Sexual Violence Advocates (ISVAs) can support you through the criminal justice process, talk to you about other ways of seeking justice, or help you gain support from other organisations (including counselling and health services).

What if I was drinking or taking drugs?

At RSVP, we listen, believe and do not judge. Nothing you do means that another person has a right to assault you. If you had been drinking or taking drugs and someone sexually abused you, that doesn't make it your fault or mean that you asked for, or deserved, what happened.

Helpline For Men

We are here to listen to you and support you, even if you prefer not to share any personal info.

Helpline: 0121 643 4136

Can men be sexually abused by women?


Although the majority of perpetrators are male, men and boys can also be sexually abused by women and girls.

Support Groups For Men

Meet and socialise with other survivors in a safe environment at our mixed gender social group or coffee morning.

We can help you access specialised sexual health support through Umbrella.
Call 0121 643 0301 & choose option 2.



In partnership with  **RSVP**
rape & sexual violence project

Why didn't I fight off the perpetrator?

It's not uncommon for male survivors to feel that it's their fault and they should have been able to stop it. However, it is common for someone to freeze during sexual violence and abuse, due to shock or fear. It is a common response to a traumatic or threatening situation.

"I will never forget how RSVP supported me to help me get back on my feet."