

# RESOURCES and SUPPORT

FOR THOSE WHO HAVE BEEN ABUSED OR AFFECTED BY ABUSE

## Where can I get support?

### United Kingdom

#### MACSAS - Minister and Clergy Sexual Abuse Survivors

<https://www.macsas.org.uk/>

**Contact:** support@macsas.org.uk or call our helpline Freephone Helpline: 08088 01 03 40, Saturdays 9.00am - 11.30am & Wednesdays 7.00pm - 9.30pm

MACSAS supports anyone who has been sexually abused, as children or adults, by ministers, clergy or others under the guise of the Church. There is support both for survivors who have remained within their Christian communities and those who have left. MACSAS is run by survivors of abuse so understands how very difficult and re-traumatising a session like ours can be for those who have suffered sexual abuse in their childhood.

They offer a telephone and email helpline for victims and survivors of Minister and Clergy sexual abuse and for relatives of victims and survivors. Email enquiries are checked on a daily basis and they respond as quickly as possible. MACSAS also responds to confidential letters. They are in the process of establishing local support groups countrywide.

- Organising meetings, conferences, workshops and training to raise awareness
- Publishing Newsletters and publications to help inform on the issues
- Advising churches and church authorities on effective policies and procedures

## Catholic survivors

**Contact:** survivors.rc.abuse.england@gmail.com

Catholic Survivors was formed by Survivors of Catholic clergy abuse in response to the gross failings of the Catholic church in England and Wales as highlighted in the IICSA report published in November 2020. It is a group of survivors who network informally and so do not offer formal support in the way that MACSAS and some others do. However, they are always pleased to hear by email from survivors who would like to be in touch.

## Safe Spaces – England and Wales

**Contact:** <https://www.safespacesenglandandwales.org.uk/>

Safe Spaces can be contacted anonymously through its independent helpline on 0300 303 1056, or email [safespaces@victimsupport.org.uk](mailto:safespaces@victimsupport.org.uk) or via live chat on the service [website](#).

Safe Spaces is a joint service for the Anglican and Catholic Churches in England and Wales, providing support for survivors of church-related abuse. It offers a team of trained support advocates, with specialist training in supporting survivors of sexual violence, and officially recognised as Independent Sexual Violence Advisors.

Since 29th September 2020, the service has supported 188 people.

It is run and managed by the charity Victim Support for anyone aged 18 or over who feel that they have experienced church related abuse of any form in England and Wales, regardless of whether survivors have reported the incident to Church authorities or the police or whether they are a current or active member of a church.

Staff have been trained in how churches respond to abuse cases and the issues affecting those who have had, or still have, a relationship with the church.

- The support provided includes dedicated caseworkers, advocacy with the church and other authorities, trauma-informed emotional support, information, advice and mediation. They also connect survivors with peer support organisations.
- Support is provided for as long as the survivor needs.
- If face-to-face support is also required, contact and referrals will be made with appropriate local organisations.
- Survivors have actively engaged with the service providing feedback, insight and information, and their survivor steering group has provided vital expertise in shaping and delivering the service.

## NAPAC - National Association for People Abused in Childhood

**Contact:** <https://napac.org.uk/> [support@napac.org.uk](mailto:support@napac.org.uk) or free, confidential helpline – 0808 801 0331 Monday to Thursday: 10am – 9pm, Friday: 10am – 6pm, Saturday and Sunday – Closed

It is operated by experienced staff and trained volunteers.

NAPAC works closely with the criminal justice and public health sectors, supporting survivors to navigate and understand their options within criminal and civil law, as well as in healing and recovery.

People using their services ask for support with a range of concerns, including anxiety, depression, isolation, reporting to the police, domestic and sexual violence, boundaries, and complex post-traumatic stress. NAPAC provides:

- Free national support service for adult survivors of all types of childhood abuse. Offers specialist, confidential support to all adult survivors of any abuse type
- Helpline
- Intensive psycho-educational support groups for survivors of abuse; these face-to-face support groups have now been developed for online delivery
- Extensive training for professionals who engage with adult survivors of childhood abuse and anyone at risk of vicarious trauma
- The website provides free information for survivors and those supporting them
- Research and advocacy, using their own data and working in partnership to raise survivors' voices in policy and practice across the UK

## **Survivor Voices – pain into power**

**Contact:** <https://survivorsvoices.org/>

Private Facebook group, organising on-line peer groups, national gatherings and special events.

Survivors Voices is a survivor- led organisation that harnesses the expertise of people affected by abuse to transform society's response to trauma and abuse. Run by 'experts by experience', survivors of all types of abuse, experienced as a child or as an adult, 'turning our pain into the power to create something good'.

Their vision is for a safer society with support for survivors that is survivor-sensitive, survivor-empowering and services that are trauma-aware and trauma-competent.

- Peer support groups and survivor-gatherings. Peer networks for survivor researchers, writers, therapists, the faith sector and other survivor activists.
- Research into survivor experience of abuse, safeguarding, help-seeking and recovery.
- Tools to support good involvement of survivors in research and education,
- See the Survivor Charter, and Research Involvement Ladder.
- Help for people to engage well with survivors in research projects, recruit participants and peer researchers.
- Education about abuse and trauma-informed practice, with survivor-led training for practitioners, organisations and survivors.
- Opportunities for projects to raise awareness of abuse and trauma, to amplify survivors' voices and to co-create change with survivors.
- Publication of survivor-created writing, research and resources for survivors, allies and those who work with survivors.

## Ireland

### One in Four

Contact: <https://www.oneinfour.ie/> or Tel: 01 662 4070 or via contact form on the website

Historically, Ireland has not had a good reputation when it comes to supporting survivors of childhood sexual abuse or delivering justice. One in Four's first clients were survivors of clerical or institutional abuse. Nowadays most clients have been abused by a member of their own family, or by someone trusted in their community.

- A safe place for men and women to explore the impact childhood sexual abuse has had on their lives.
- Listening and advice re questions or concerns.
- Support and guidance from psychotherapists for adult survivors to assist in the therapeutic journey to recovery.
- Advocacy officers to provide practical information and assistance to survivors engaging with Tusla - the Child and Family Agency, and criminal and civil legal processes.
- Family support when a disclosure of sexual abuse is made, including therapeutic intervention through the Phoenix Programme.
- Intervention with individuals who exhibit sexually harmful behaviour towards children.

## World-wide

### SNAP – Survivors Network of those Abused by Priests

Contact: <https://www.snapnetwork.org/>

Operates world-wide including Africa, North and South America, Australasia.

Largest independent peer support network for those abused/wounded through institutional abuse by religious authorities (bishops, priests, deacons, ministers, nuns, teachers). Local volunteer leaders provide day to day and one on one support for those in need.

'Together, we find healthy ways to recover.'

- SNAP 'speaks with a unified voice to bring about change by exposing the malignant actions of abusive religious ministers, suspected abusers, priests suspected of being abusers, and the church officials who shield them or are tangentially related to them in any way.'
- Includes a supporters' network world-wide, conversations, email and general support with their hotline.
- Provides references and links to resources to enable survivors to thrive.
- Advocates for stronger laws to protect children and the vulnerable.
- SNAP shares stories and empower others to confront the truth.
- Has a large range of survivor stories available on the website.

## SNAP - Europe

**Contact:** Marc Artzrouni

**Email:** [m.artzrouni@snapnetwork.org](mailto:m.artzrouni@snapnetwork.org)

**Phone::** +33 - 6 95 73 65 92

Marc is bi-lingual in French and English, and welcomes contact from survivors and supporters throughout Europe.

## SNAP - Aotearoa-New Zealand

**Contact:** Christopher Longhurst

**Email:** [Aotearoa-NewZealand@SNAPnetwork.org](mailto:Aotearoa-NewZealand@SNAPnetwork.org) or [chris.nz@snapnetwork.org](mailto:chris.nz@snapnetwork.org)

**Phone:** New Zealand 022 3440496

## SNAP - Australia Chapter

**Contact:** Donald McLeish

**Email:** [dmcleish@snapnetwork.org](mailto:dmcleish@snapnetwork.org)

**Phone:** Australia 0411565691

## SNAP USA

**Contact:** [https://www.snapnetwork.org/united\\_states](https://www.snapnetwork.org/united_states)

Search also by State.

## HAVOCA - Help for Adult Victims Of Child Abuse

**Contact:** <https://www.havoca.org/>

Not specifically focused on clerical abuse.

HAVOCA is an internet forum run by survivors for adult survivors of child abuse.

- Provides support, friendship, and advice for any adult whose life has been affected by childhood abuse. This experience may be first-hand, or as a loved one of a survivor, or as a support worker for the victims of child abuse.
- HAVOCA resource provides information online, a blog, a survivors' forum and news pieces e.g. should you forgive the perpetrator of your sexual assault?