



## Information for Men Seeking Help

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1. With one in ten men experiencing sexual abuse you are not alone.
2. Much of what we do takes place in groups. You will meet other people who have had similar experiences and really understand the issues and whose lives are no longer dominated by their sexual abuse.
3. You will be able to, in time, help others.
4. If you want to find out about how Operation Emotion can help then call David or Steve on 07539810096 /07837 321514. You can find out what Operation Emotion has to offer without providing your personal details or making any further commitments.
5. If you decide you want to meet up then we will arrange this to take place in a neutral place like a local coffee bar.
6. You may wish to take away information before you decide on the next step. This includes written material and a short films and information about other valued local services.