



## Information for Men Seeking Help

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1. At least one in ten men and one in six women have suffered past sexual abuse - so you are not alone.
2. We understand that coming forward to seek help is not easy but you do not have to continue to live a life that is dominated by sexual abuse.
3. Much of what we do takes place in groups. At these groups you will meet other men who have had similar experiences and really understand the problems caused by sexual abuse. The groups are confidential, non judgemental and have helped hundreds of men over the last ten years.
4. If you want to have an informal chat and find out if Operation Emotion can help, then please call one of the numbers below. We can arrange for you to speak to a woman if you would prefer.
5. In the meantime have a look through our website or download our Android or Apple phone app. You will be able to find out a bit more about Operation Emotion and the services it provides. You can then decide in your own time whether you would like to take the next step and meet up.
6. When you are ready just call us back and we can arrange to meet in a public place like a local coffee bar where we will answer any further questions you may have.
7. If you would like a friend or partner to accompany you, then they too would be very welcome.
8. Our aim is to help you to live a healthy life that is no longer dominated by past experiences of sexual abuse.

Operation Emotion can be contacted on 07837 321514  
or 07953 810096

Or by secure e-mail at [opem@pm.me](mailto:opem@pm.me)