



# Living Well App for men



## Support Anywhere Anytime

# FREE



### ADDITIONAL SUPPORT SERVICES:

Lifeline [24 hrs].....	<b>13 11 14</b>
Statewide Sexual Assault Helpline [9am-1am] .....	<b>1800 010 120</b>
Queensland Men's Info Line .....	<b>1800 600 636</b>
Mensline Australia .....	<b>1300 789 978</b>
Victims Assist Qld – LINKUP .....	<b>1300 546 587</b>
National Sexual Assault, Family & Domestic Violence Counselling Line .....	<b>1800 RESPECT (1800 737 732)</b>
Knowmore [National Redress Legal Advice] .....	<b>1800 605 762</b>
National Redress Scheme Information Line .....	<b>1800 146 713</b>

### About Living Well

Living Well is an initiative of Anglicare Southern Queensland supported by the Queensland Department of Justice and Attorney-General, by the Anglican Church Community Services Commission and private donations.

### Counselling and support

We provide face to face counselling in Brisbane, Strathpine and surrounding areas. Plus a men's group program and partner information and support. We are pleased to offer telephone and online counselling and support throughout Queensland.

### Privacy

We know that respecting your privacy matters. We follow policy that meets all Australian privacy principles and legislation. For more information please visit our website.

### Main office address

408 Gympie Road,  
Strathpine QLD 4500

Phone: [07] 3028 4648

Email: [info@livingwell.org.au](mailto:info@livingwell.org.au)



Visit [livingwell.org.au](http://livingwell.org.au)



Queensland Government



Support for the life you want



Living Well provides information, counselling and support to men who have been sexually abused or sexually assaulted, to partners, families, friends and service providers.



[livingwell.org.au](http://livingwell.org.au)

# COUNSELLING and SUPPORT

We offer trauma informed counselling and support to men who have experienced childhood sexual abuse and adult sexual assault, as well as to their partners, friends and family. We are sensitive to the role and influences of gender, sexuality, physical ability, learning difficulties, mental health issues, age, religious beliefs and cultural and linguistic diversity of every one of our clients.



*"Now I feel in control of my life and can see a future"*



*"I'm not sure I would have gone to see a counsellor if my partner hadn't pushed me, but I'm pleased she did"*



*"Tell other blokes to talk to someone who can help. You're worth the effort"*



*"I'm pleased I made the call and finally spoke with someone"*

## MEN DO NOT NEED TO FACE CHALLENGES ALONE!



## IMPACTS

We know child sexual abuse and sexual assault can have a profound impact on men's lives and relationships. It can lead to overwhelming feelings of shame, guilt and anger, suicidal thoughts, depression, anxiety, flashbacks, nightmares, eating issues, as well as relationship and sexual difficulties, plus physical health problems and further victimisation.

## HELP IS AVAILABLE

We also know that men who have been sexually abused or sexually assaulted benefit from trauma informed counselling and support and can go on to live, rich full lives, develop healthy, mutually supportive relationships and make positive contributions within our communities.

“ Sometimes it can be good to get things out of your head and talk... ”

**OUR SERVICES ARE FREE OR LOW COST**

## WE OFFER

### Face to face counselling

We understand it can be hard to access support. Seeing an experienced counsellor, one on one, gives you an opportunity to identify and discuss what is important for you in your life.

You can talk with someone who will listen — and won't judge, condemn or blame you. Our counsellors do not require you to talk in detail about childhood sexual abuse or sexual assault, if you don't wish to.

### Telephone counselling

Sometimes it can be easier or preferable to ask questions and talk things through with an experienced counsellor on the phone. Don't let distance or transport difficulties get in the way of you getting the help you deserve.

### Web counselling

Men and their supporters can now access a secure online counselling service. We offer email, live chat and video counselling by appointment.

### Website [livingwell.org.au](http://livingwell.org.au)

Provides information and resources specifically designed to assist men who have been sexually abused or sexually assaulted, partners, family and friends and service providers.

## Group support

Our professionally facilitated groups offer a supportive environment where men can meet and work together to address difficulties and build positive lives, and relationships.

## Training and consultation

Practical assistance to service providers includes clinical supervision, professional development, consultation and workshops that build workers' confidence in working with men who have experienced childhood sexual abuse or sexual assault.

## Living Well App

The Living Well App contains information to support you in managing difficulties and enhancing your well-being. Support for you, anywhere, anytime.

## The 1Blue String campaign

[1BlueString.org](http://1BlueString.org)

Helping to build communities of support offering encouragement and hope.

