

Support for Parent & Carer Survivors



Contents

We are here for you too ____ 3

Your healing journey ____ 4

Building a support system ____ 5

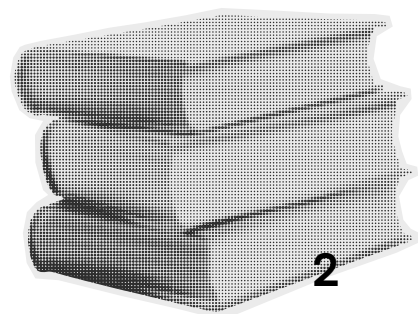
Activities to support you ____ 6

Supporting your child whilst managing trauma ____ 7

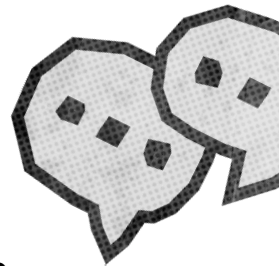
Navigating conversations with your child ____ 8

Checking in with yourself ____ 9

Support services ____ 10 - 18



We are here for you too.



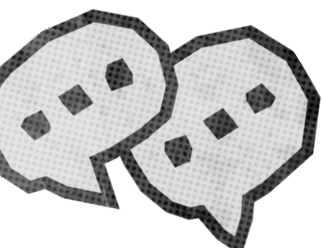
We know that some parents and carers supporting children may themselves have experienced sexual violence / other forms of violence. This can make conversations around safety, consent, or relationships especially hard.

Everyone's Invited is a charity that was started by our Founder, Soma, sharing her story of sexual violence. Our work is all about supporting survivors, and we hope this guide is one way that we can support you.

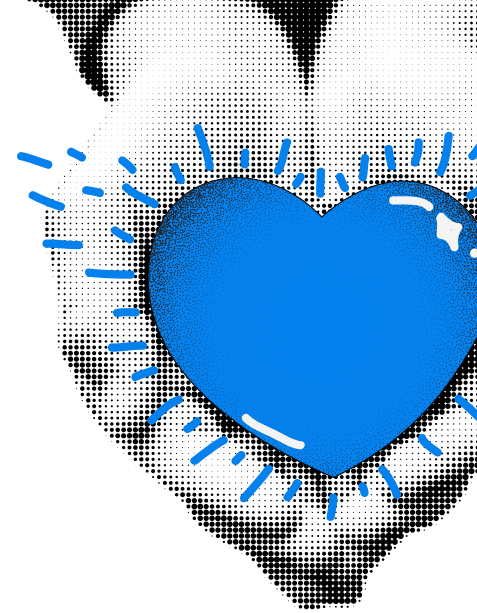
You are not alone.

If you would like to share your story anonymously, as a way to get it off your chest, you can submit it to our website at everyonesinvited.uk

You will join a community of over 60,000 people who have also shared their story to raise awareness and to help them heal.



Your healing journey



Acknowledging the experience:

Healing begins with realising what happened and allowing yourself to say ‘this did happen to me’. It is only very recently that it has become more common for people to speak openly about their experiences of sexual violence. In the past, many people have felt too ashamed or scared to talk about it.

Sometimes people do not even realise they have been a victim of sexual violence, but knew at the time that something didn’t feel right. Sexual violence can look like lots of different things. [You can find out more about different types of sexual violence here.](#)

Realising and understanding what has happened does not mean that you have to tell anyone about it. Talking to someone about it can help, but you can also choose to keep it to yourself if that feels like the best thing for you.

How you might feel as a result of experiencing sexual violence

Experiencing sexual violence can affect people in many ways: emotionally, physically, and socially. You may notice changes in mood, sleep, concentration, or trust in others. Feelings of shame, guilt, or disconnection are also common. Everyone responds differently, and there is no single “right” or “normal” way to experience or show trauma.

Remember, what happened to you is not your fault.

It is quite common for people who have experienced sexual violence to blame themselves, but know it is never your fault when something happens to you. The person who has harmed you is the person who should face blame.

Building a support system

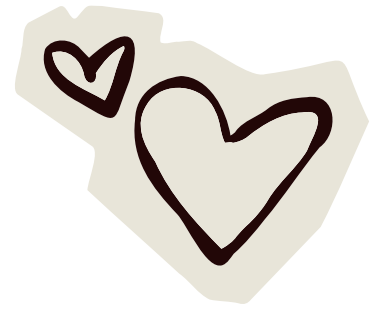
You are never alone. It is important to build a support system of people that can be there for you when you need them. This might be:

- Family members
- Friends
- Colleagues (work friends)
- Community groups
- Parent groups
- Religious groups
- Survivor networks
- Therapists
- Coaches
- Councillors
- Online communities



You do not have to tell anyone about your experiences of sexual violence or any other form of violence. Sometimes it is just about having people around you who can make you feel better when you don't feel good.

Activities to support you



Grounding check-in:

Take a few deep breaths. Notice five things you can see, four you can touch, three you can hear, two you can smell, one you can taste.

Safe journaling:

Write down how you're feeling, or any worries triggered by your child's learning. Keep it private, this is for you only.

Compassion letter:

Write a short note to yourself as if you were supporting a close friend: what would you say to them?

Rest & restore:

Choose one activity that makes you feel calm (a walk, music, warm drink, prayer/meditation, or rest). Schedule a few minutes for yourself after difficult conversations.

Peer Support Groups: Survivor groups specifically for parents can provide understanding and reduce isolation.

Therapy: There are lots of different types of therapy. Therapy can help you talk through your experiences and heal from them.

Supporting your child whilst managing trauma



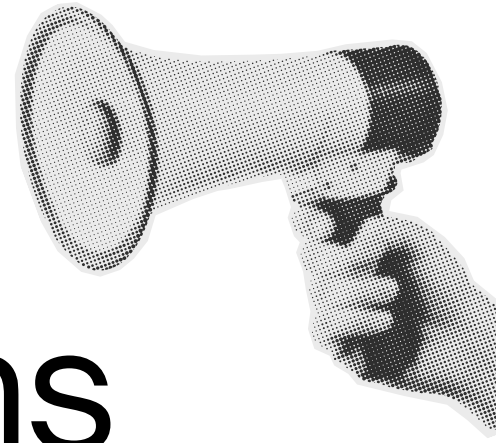
Open communication: You don't need to share details of your trauma, but letting your child know they can always talk to you will help build trust.

Model healthy coping: Show your child that feelings can be managed healthily by talking, resting or doing activities that help you feel calm.

Boundaries: You need to look after yourself too. It is ok to set limits on how long you can talk about something or what you want to talk about.

Understand your own triggers: A trigger is something (a smell, sound, word, situation) that makes you re-experience a traumatic situation. When this happens, try to write it down so you can remember it. You may choose to avoid it in the future.

Certain experiences in your child's life may be triggering for you because they might remind you of a bad experience in your life. Try to plan for extra support in these times.



Navigating conversations with your child.

1 Approach conversations when you feel ready to. Check in with yourself about how the topic makes you feel.

2 You may never feel ready to talk about certain topics with your child. That is ok; see if your partner, other family members or someone you trust can have those conversations with them instead.

3 If you decide to talk to your child about a topic that might be upsetting to you, make sure you are in a safe place and have time afterwards to rest and do something you enjoy or that makes you feel calm.

Checking in with yourself

Supporting children while carrying your own history can be really hard. It is important to remember that...



Healing is not a straight line. it has up's and downs.

One day you might feel great, and the next you might feel awful, that is normal and a part of the journey.



You deserve support as much as your child does.

You were once a child too. You deserve the same support, care and love. Just because you are an adult, it doesn't mean you have to go through it alone.



It's okay to prioritise your own wellbeing.

To be the best parent or carer to your child, you need to be feeling your best. You need to look after yourself and you deserve to take care of yourself.

Support services for you

General Support

Rape Crisis England & Wales:

Call - 0808 500 2222

Visit - rapecrisis.org.uk

NAPAC:

(National Association for People Abused in
Childhood)

Call - 0808 801 0331

Visit - napac.org.uk

Samaritans:

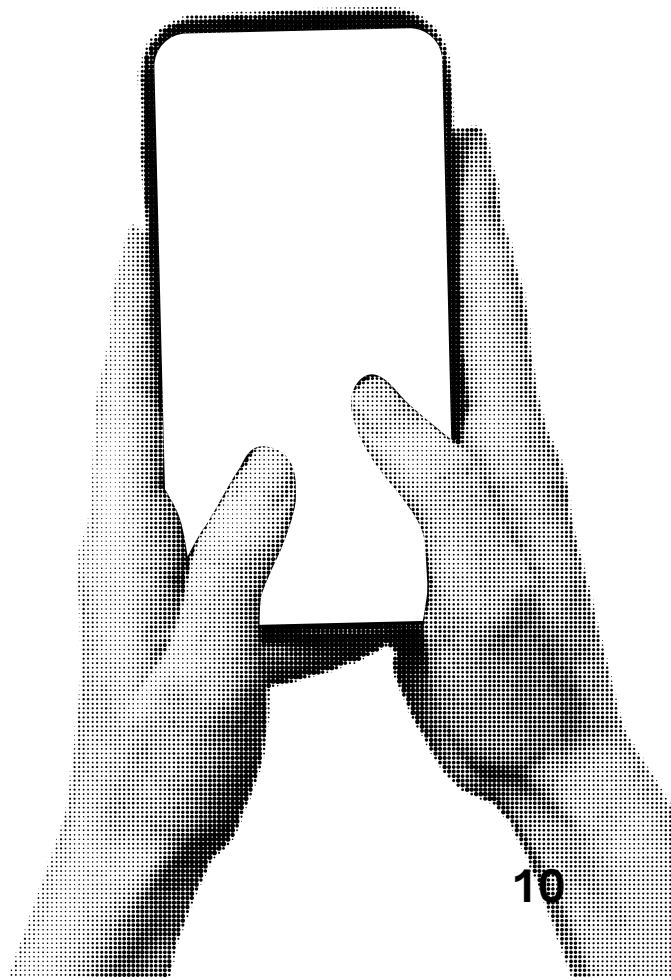
For anyone who is struggling

Call - 116 123

Visit - samaritans.org

Local Rape Crisis Centres

Many areas have specialist centres offering
counselling and advocacy. Find your nearest
via rapecrisis.org.uk



Support resources for women

Support for Black women

Sistah Space Helpline:

Call - 0207 846 8350

Visit - <https://www.sistahspace.org/>

African Women Care:

Call - 0208 969 8389

Visit - <https://africanwomencare.org.uk/>

Hersana:

Complete the self-referral form here

<https://hersana.org/>

Support for Asian women

Kiran:

Call - 020 8558 1986

Email - info@kiranss.org.uk

Visit - <https://www.kiranss.org.uk/>

Karma Nirvana:

Call - 0800 5999 247

<https://karmanirvana.org.uk/>

Support resources for women

Support for Muslim women

The Muslim Community Helpline:

A confidential, non-judgemental listening and emotional support service.

Call - 020 8904 8193

Visit - <https://muslimcommunityhelpline.org.uk>

Hersana:

Complete the self-referral form here

<https://hersana.org/>

Support for Jewish women

Jewish Women's Aid:

Call - 0800 801 0500

Email: info@Jwa.org.uk

JSAS:

Call - 07519980774

Visit - <https://jsas.org.uk/>

Shemi Koli:

Call - 020 3670 1818

Visit - <https://www.shemakoli.org/>

Support resources for women

Support for Christian women

Restored

Send them an online message - <https://www.restored-uk.org/contact-us/>

Visit - <https://www.restored-uk.org>

Support for Sikh women

Sikh Women's Aid

Call - 0333 090 1220

Send an online message - <https://www.sikhwomensaid.org.uk/contact-us>

Visit - <https://www.sikhwomensaid.org.uk/>

Sikh Helpline

Call - 03000 3000 63

Email - info@sikhhelpline.com

Visit - <https://www.sikhhelpline.com/>

Support for Hindu women

Hindu Support Network

Call - 0208 167 4189

Email - support@hsnuk.org

Visit - <https://www.hsnuk.org/>

Support resources for men

Support for men / male survivors

SurvivorsUK:

Support for men, boys, and non-binary people

Support Line - 02035983898

Webchat: survivorsuk.org

Respect:

Call - 0808 8010327

Visit - <https://mensadviceline.org.uk/>

Mankind Initiative:

Call - 0808 800 1170

Visit - <https://mankind.org.uk/>

Male Survivor:

An online community for men to share their experiences and find community

Visit - <https://malesurvivor.org/>

Andy's Man Club:

Provides in-person talking support groups for men

They meet on Mondays at 7pm (Except bank holidays)

Visit - <https://andysmanclub.co.uk/>

Support resources for men

Support for Black men

RESET MH

Provides free culturally appropriate mental health services to adults 18+ of African-Caribbean heritage. All of their services are delivered by qualified and registered black professionals.

Email - info@resetmh.com

Visit - <https://resetmh.co.uk/>

Breaking the silence

Provide a completely confidential service for men of Asian, African and African-Caribbean origin, aged 13 and over

Call - 01274 497535

Email - info@breaking-the-silence.org.uk

Visit - <https://www.breaking-the-silence.org.uk>

Support for Asian men

Panahghar

Provide support and specialist knowledge in different languages to help everyone who is suffering from domestic abuse including Black, Asian and Minority Ethnic men.

Call - 0800 055 6519

Support resources for men

Support for Muslim men

The Muslim Community Helpline:

A confidential, non-judgemental listening and emotional support service.

Call - 020 8904 8193

Visit - <https://muslimcommunityhelpline.org.uk>

Support for Jewish men

Shemi Koli:

Call - 020 3670 1818

Visit - <https://www.shemakoli.org/>

JSAS:

Call - 07519980774

Visit - <https://jsas.org.uk/>

Support resources for men

Support for Hindu men

Hindu Support Network

Call - 0208 167 4189

Email - support@hsnuk.org

Visit - <https://www.hsnuk.org/>

Support for Sikh men

Sikh Awareness Society

Call - 07852 655 192

Email - info@sikhawareness.org

Visit - <https://sikhawareness.org/>

Sikh Helpline

Call - 03000 3000 63

Email - info@sikhhelpline.com

Visit - <https://www.sikhhelpline.com/>

Support resources for the LGBTQ+ community

Galop

Call - 0800 999 5428

Email - help@galop.org.uk

Visit - <https://www.galop.org.uk/>

LGBT Hero

Provide links to a range of LGBT friendly support services

Visit - <https://www.lgbthero.org.uk/sac-directory>