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Dear Phoenix Client

Now that you have been placed on The Phoenix Support & Advocacy waitlist for therapeutic support, please know that you are not alone, that many of the symptoms you may be experiencing are normal trauma responses, and there are safe, compassionate spaces available to support you right now while you wait to commence counselling at Phoenix.

Reaching out can feel daunting, especially when you've already taken the brave step of seeking help.

There are organisations that offer meaningful connection, understanding, and resources to help you feel supported and seen.

Please see below list of organisations that offer services for you to access:

- SAMSN (Survivors & Mates Support Network) provides free, trauma-informed support specifically for male survivors of child sexual abuse. Their services include eight-week peer support groups, monthly drop-in meetings, and telephone counselling with trained professionals who understand the unique experiences of male survivors. You can reach their support line at 1800 472 676, Monday to Friday, 9am–5pm or by clicking on the link - [Home - SAMSN Survivors & Mates Support Network](#)
- SOCA (Survivors of Child Abuse) and Survivor Hub offer inclusive, survivor-led spaces where you can connect with others, access information, and feel empowered in your healing journey. You can find out more information by clicking on the link - [SOCA | Support and Resources for Male Survivors of Child Abuse](#)
- The Survivor Hub is a survivor-led, not-for-profit organisation and hosts online 'Meet Ups' and a private Facebook group designed to foster community and provide emotional safety you can find out more by clicking on the link - [The Survivor Hub](#)
- Full Stop Australia offers confidential telephone counselling for anyone impacted by sexual, domestic, or family violence. Their trained counsellors are available 24/7 at 1800 385 578, providing a listening ear and guidance tailored to your needs. You can find out more information by clicking on the link - [Homepage | Full Stop Australia](#)
- Blue Knot We support adult survivors of childhood trauma and abuse, parents, partners, family and friends as well as the professionals who work with them. You can call the Blue Knot Helpline and Redress Support Service on 1300 657 380 This service operates from 9am-5pm AEST/AEDT 7 days a week including public holidays. You can find out more information by clicking on the link - [Blue Knot Helpline and Redress Support Service](#). Many people find learning and understanding more about what happened, the possible effects, and pathways to healing, helpful. By clicking on the link [Resources](#) the website has a lot of useful information and resources.

These services are here to walk alongside you, whether you're just beginning to explore support or continuing your healing journey. If you are in crisis, please refer to your safety plan, or the crisis line numbers on the Phoenix website.

Best Wishes from the Phoenix team

www.phoenix.asn.au

