



What can you do

if you
or someone
you care about
is a male victim
of sexual assault
or abuse?

call the
VERA HOUSE
24-hour CRISIS &
SUPPORT HOTLINE

 **468-3260**
(domestic violence)

 **422-7273**
(rape & sexual assault)

This project is supported by Grant No. 2006-FW-AX-K015 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication are those of the authors and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.



resources

Vera House
24-Hour Sexual Assault
Hotline

 **315-422-7273**

TTY Crisis Line
business hours

 **315-484-7263**

R.A.I.N.N.
Rape, Abuse & Incest
National Network

 **1-800-656-HOPE**
www.rainn.org

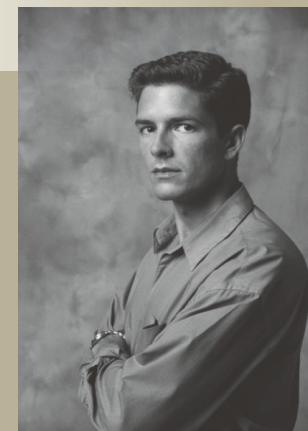


Vera House, Inc.

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It
happens
to
men,
too . . .



24-HOUR HOTLINES

 **315-468-3260**

 **315-422-7273**

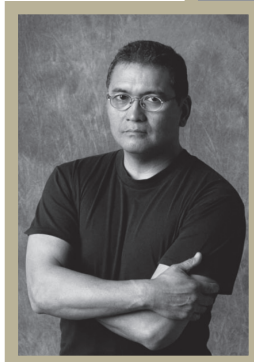
VERA HOUSE
INCORPORATED

What is male sexual assault or abuse?

It may be any type of forced or coercive sexual contact.

This includes fondling and oral sex.

Most victims are assaulted by someone they know and trust.



How common is male sexual assault?

At least **ONE IN TEN** males is the victim of sexual assault or abuse at some point in their lives.

Many male victims have remained silent about their experiences out of fear, shame and guilt.

But men are coming forward in increasing numbers to seek healing from sexual assault/abuse.

Vera House is honored to offer comprehensive services to male victims of all ages, and to support them with counseling and education, individually and in group settings.

What kinds of help can I get at Vera House?

- We offer free, specialized individual counseling and advocacy services for male survivors.
- Survivors may also receive education, support and healing through our Adult Male Survivors' Group.

What can I do if I am a victim of sexual assault or abuse?

You can call Vera House:

 **315-422-7273**

any time - day or night

YOU ARE NOT ALONE

We are always ready to help.

A male sexual assault survivor speaks . . .

"I would like to thank Vera House for helping me to help myself.

I would also like to tell the men in our Survivor's Group how much I appreciate them.

We laugh, cry, learn, and most of all - heal and learn to trust.

This is a group of brave men and I would not be the MAN I am today if it were not for them."

For more detailed information on services for male victims of sexual assault, please visit our website at:

WWW.VERAHOUSE.ORG