

Pastoral care

We are committed to helping and supporting you through this process. Here are some of the ways that we might be able to support you:

- **Pastoral Support from the diocese:**
Your safeguarding coordinator can offer you time and space in which to speak and tell your story. Full confidentiality cannot be promised, particularly if there are ongoing risks to you. If information needs to be shared with others, we will explain to you who it will be shared with, why and how it will be kept secure.
- **Support during the investigation of your case:**
You will be given the contact details of a person whose role it is to keep you updated.

Local Contacts

Bishop

Diocese Safeguarding Coordinator

Safeguarding Commission Chair

National Contacts

- **Catholic Safeguarding Advisory Service**
admin@csas.uk.net
02079011920 (regular office hours)
- **Safe Spaces**
Support, Advice and Info
0300 303 1056 (answerphone available outside of opening times)
safespaces@victimsupport.org.uk
- **RASAC**
(Rape and Sexual Abuse Support Centre)
National Helpline: 0808 802 9999
(12-2.30 & 7-9.30)
- **Survivors UK**
Male Rape and Sexual Abuse Support
survivorsuk.org
- **SAMARITANS**
08457 909090 or email:
jo@samaritans.org
- **National Rape Crisis Support**
rapecrisis.org.uk
- **The Survivors Trust**
Support, Advice and Info; 0808 801 0818
- **ACA**
(Adult Children of Alcoholics and Dysfunctional Families)
For general enquiries about ACA UK
Please send an email to info@acoa.uk
or call us on 01590610936

This leaflet has been produced by survivors, for survivors, on behalf of the National Catholic Safeguarding Commission.



HURT BY ABUSE?

Break
the silence.

Disclose
the secret.

A guide for victims
and survivors.

Speaking Out

Speaking out about abuse is a key step towards healing and recovery.

You are not to blame for what happened to you.

You are the victim.

...

We want to offer you the opportunity to be listened to and to have your concerns taken seriously.



Speaking out about abuse, perhaps after years of silence, can be frightening

BREAK THE SILENCE



Whilst growing up victims learned: Don't talk. Don't trust. Don't feel.

There may be many reasons why you have not spoken out before:

- fear of your concerns not being taken seriously.
- afraid you would not be believed.
- felt it may cause problems for your family
- felt ashamed.
- were afraid you would be blamed.
- felt it may damage your relationships in the church community.

For someone who has been abused, the prospect of breaking the silence, perhaps after many years of secrecy, is very frightening. We want to help and support you.

Deciding how and why to speak out is a personal matter, whatever your reasons we want you to be heard, taken seriously and be supported.

DISCLOSE THE SECRET

It just happens everywhere.

*We think about it all the time, we live it every day.
It's just me alone.*

I just needed help.

Quotes from: "I'll be a Survivor All My Life"