

# FIRST STEP



# YOU ARE NOT ALONE

**Support for male survivors of  
rape and sexual abuse who  
are aged 13 years and over.**



[www.firststepleicester.org.uk](http://www.firststepleicester.org.uk)

Charitable Incorporated Organisation (CIO)  
Registered No. 1165062

## Our Services



We offer free, confidential\* support for male survivors aged 13 and over who have experienced rape or sexual abuse – whether recent or in the past.

Established in 1997, First Step was launched by 2 men, survivors themselves, along with a small group of volunteers.

## YOU ARE NOT ALONE.

*“There was a time when I felt so lost and alone, I never thought I could talk about it....I feared no-one would believe me, I felt tainted, alone, angry.*

*Then I found First Step. Talking helped. It was the best therapy. I felt heard, understood, positive, believed.”*



## What We Offer

- ▶ **Up to 26 weeks of counselling**  
One-to-one sessions with experienced qualified counsellors or experienced placement counsellors to help you process your experiences and begin healing.
- ▶ **8-10 weeks of therapeutic emotional support**  
A safe space to talk, be heard and receive emotional guidance and techniques. You may find that counselling is not right for you as you may not have emotional stability or the ability to engage therapeutically at this time. In this case, you may find that therapeutic emotional support would work better. This may work better for those with complex mental health needs or if you have additional challenges such as addictions or psychosis.
- ▶ **Support for Secondary Survivors**  
We also offer counselling and therapeutic emotional support to those closest to the survivor – family, partners and close friends

## How We Deliver Support

- ▶ In-person sessions available for those in Leicester, Leicestershire, and Rutland.
- ▶ Online Sessions for those living outside these areas or who prefer remote support.

## Confidential\* & Free of Charge

Your privacy is our priority. All services are:

- ▶ Confidential\*
- ▶ Free of charge
- ▶ Delivered by experienced and qualified professionals or experienced placement counsellors.

*\*Unless you or someone else is at risk of harm or for legal reasons.*

*“I’ve come to terms with my past, it’s not going away, but it doesn’t have to define me. I’m so much more than that. There’s new history being made every day.”*



## How to support us:

To support us with a donation, visit:  
[www.justgiving.com/charity/firststepleicester](http://www.justgiving.com/charity/firststepleicester)

# JustGiving™



## Follow us:



## Opening Times

We are here when you need us:

**Mon to Thu**  
**09:00 to 19:00**

Appointments will be allocated to suit your needs and other commitments.

Take the...

# FIRST STEP

You do not have to go through this alone.

### Reach out today

to begin your journey toward healing.

**0116 254 8535**

**07581 568144**

**contact@firststepleicester.org.uk**

**www.firststepleicester.org.uk**

LIME CULTURE

INDEPENDENTLY ACCREDITED

MSP | MALE SURVIVORS PARTNERSHIP

QUALITY STANDARDS

for Services Supporting Male Victims and Survivors of Sexual Violence

08/25