



Violent crime against men: Where to find help

Men who have been the victim of a violent crime can sometimes find it difficult to ask for help. Male victims of violent crime at times feel reluctant to ask for help because they might think they will be seen as weak, lacking in strength, or should be able to fix the problem themselves. These feelings are unfortunately very common among male victims of crime and need to be challenged in order to seek appropriate support and begin the healing process.

Everyone reacts differently to an act of violence, there is no set formula in recovering; your feelings will differ day to day and the time it takes to heal will vary from person to person.

Seeking counselling and support is an important way to regain a sense of control back in your life. Counselling can assist you to understand why you feel the way you currently do, help you understand the physical and emotional reactions you may have to the traumatic event, and provide you with the tools to get your life back on track.

Common physical reactions you may experience

- tension within your body
- difficulty sleeping including nightmares and vivid dreams
- constantly feeling tired or irritable
- loss of appetite or changes in eating habits
- reduced concentration
- withdrawing from relationships and social activities
- experiencing problems with alcohol and substance use to relieve the above symptoms
- headaches, migraines or stomach pains.

Common emotional & psychological reactions you may experience

- feeling out of control and unable to cope
- feeling angry and vengeful with outbursts of emotion
- feelings of shame or humiliation
- feeling depressed or down
- intrusive thoughts or images about the event

- crying for no apparent reason
- more accident prone.

These feelings are normal, and may continue for days, weeks or even months.

What you can do to assist yourself

- Try not to blame yourself.
- Allow yourself to feel your emotions and the effect the crime has had on you.
- Try to re-establish your normal routine but don't rush this if it creates further stress.
- Try to get plenty of sleep & gentle exercise.
- Eat healthy regular meals.
- Undertake daily tasks with care until your stress reduces.
- Be extra careful in the workplace, be mindful of working safely.
- Inform family and friends of how you are feeling and what you are currently experiencing.
- Talk to a medical practitioner for professional help & advice.
- Seek counselling.
- Avoid excessive use of alcohol, smoking or other drugs.

How can counselling help you?

Counselling can provide you with support and an opportunity to talk to a trained professional in a confidential environment. Counselling may assist you in finding ways to manage the stress and trauma associated with the violence you have experienced. Counselling may also assist by connecting you with further support services or referrals to agencies in your local area.

Applying for counselling through Victims Services Approved Counselling Scheme is very straightforward. For further information about the Approved Counselling Scheme or to obtain an application please contact the Victims Support Line (see over).

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There are generally two types of victims of crime

Primary victim

A primary victim is a person who:

- has sustained an injury as a direct result of an act of violence; or
- is injured while trying to prevent someone from committing an act of violence.

Secondary victim

A secondary victim of crime is a person who:

- has sustained an injury as a direct result of witnessing the act of violence that resulted in the death or injury of a primary victim; or
- is a parent or guardian who sustained injury as a direct result of becoming aware of the act of violence of which their child (under 18 years at the time of the act of violence) was a primary victim.

If you are a secondary victim of crime you may be eligible to receive counselling through the Approved Counselling Scheme. Please contact the Victims Support Line.

The Victims Support Line

The Victims of Crime Bureau provides a 24-hour telephone support, information and referral service. You can phone the service and talk to a trained support worker.

Phone (Metropolitan area only)(02) 8688 5400
Freecall1800 633 063
TTY(02) 8688 5575 (9am-5pm)
National Relay Service 133 677
Website www.lawlink.nsw.gov.au/vs

Other support services

Mensline Australia

Provides a confidential, professional and non-judgmental short-term telephone based counselling service. The service is available to men around Australia, 24 hours a day, 7 days a week, for the cost of a local call.

Toll free (24 hours, 7 days).....1300 789 978

Local Community Services Association

Provides information about your closest neighbourhood/ community centre in your area of residence, where you may be able to seek counselling, referrals and support groups.

Phone (02) 9660 2044
Freecall (NSW).....1800 646 545

Lifeline

Phone13 11 14