

livingwell.org.au
a new Queensland resource for men who have experienced
child sexual abuse or sexual assault

October is Sexual Violence Awareness Month and Spiritus Kinections is launching the Living Well web resource as a way to provide positive, quality information and support for Queensland men who have experienced sexual abuse or assault.

livingwell.org.au is a website containing practical, easy to understand information about a complex situation which affects one in every six Queensland men.

Gary Foster, Kinections Practice Co-ordinator said:

“Many men have never spoken about the abuse, often trying to get by on their own and blaming themselves if things don’t work out. Sometimes it is only later on when there are difficulties in a relationship or a crisis has occurred that they seek out assistance. The livingwell.org.au website is about giving people practical tools to help them live their lives, without them being made to feel responsible or somehow ‘abnormal because of what was done to them.’”

Much of Dr Foster’s professional career has centred on confronting the problem of violence and working to minimise its effects in people’s lives. A challenge of this work is to fully acknowledging the profound impact sexual violence can have on men’s lives, whilst at the same time working with men to build respectful relationships and a positive sense of self.

“This website is designed to assist men who are often struggling on their own and feeling isolated. livingwell.org.au is a starting point. It’s about providing acknowledgement and hope. It details common problems and ways to deal with them, it highlights difficulties people can experience in relationships and with sexuality, along with practical tips for getting on and living well.”

Currently, Queensland Health is reviewing their whole response to adults who have experienced sexual assault whether as a child or adult. Dr Foster said:

“The launch of the website is necessary and timely. Unfortunately here in Queensland men struggle just to find quality, relevant information, let alone a specific sexual assault service that can assist them. Living Well is not going to fill all the gaps, it is intended to be an evolving, useful resource which continues to grow.”

The site which will be officially launched on Friday 25th October, was funded by a grant from the Queensland Gambling Community Benefit Fund.

livingwell.org.au is an initiative of Kinections which is an agency of Spiritus Anglican Care Services. Kinections provides family and individual relationship counselling, education support and training.

Media enquiries to Dr Gary Foster (07) 3435 4300 Mobile 0417 043 796

Media Release distributed by Aileen Grey, Spiritus Marketing, Mission & Communications
07 3421 2880 agrey@spiritus.org.au www.spiritus.org.au

Wednesday, 22 October 2008