

H.O.M.E.



HEALING OUTREACH TO MEN EVERYWHERE

An Invitation to Come HOME
to Yourself After Trauma

ABOUT US ABOUT YOU

WELCOME TO WHAT WE HOPE WILL BE A POWERFUL NEW RESOURCE FOR YOU.

MenHealing is a grassroots, not-for-profit organization that is dedicated to providing hope and healing for men who are survivors of sexual harm, whether you experienced it as a child or as an adult. If you are a survivor of sexual harm, please know that **you are part of a large community of men with this history.** You are among 75,000 incarcerated men who have already had access to these materials.

Consider the pages that follow to be a guidebook to help you become stronger and healthier every day. Up until now, you may have felt that you are the only one who has had the painful experiences of harm, with nowhere to go for understanding yourself better.

The dedicated MenHealing team has understood for a long time that the men who suffer from sexual harm are usually UNSEEN! And we know that many men in your position don't understand how the experience of sexual harm may have caused or are causing significant problems in your lives.

We have been building a movement to change that. YOU are part of that movement.

We believe that physical location does not have to be a barrier to healing, so we are reaching out to you. You will find yourself in the chapters that follow—maybe everywhere, maybe in just a few places.

We have developed these materials with incarcerated men in mind. We know your resources are limited, but that doesn't have to stop you from healing.

We are giving you facts. We are giving you stories. We are giving you guidance on how to change your mind, your emotional reactions, and your body's responses to life circumstances. These techniques work as long as you put them into practice.



We want you to be a part of updating and improving the materials that we are providing. Your feedback is essential to us.
You can find us at:

MenHealing

6033 South 1300 West

Taylorsville, UT 84123

Contact@menhealing.org

**** Because we are a small organization we do not have the ability to respond to every suggestion or inquiry but be assured that we are listening!**

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Trauma Recovery Dictionary
 (Don't know the meaning of a word? The words that appear in our dictionary have an * beside them so you can go to this section of the eBook and look them up.)

Wheel of Feelings | Emotional First Aid: Voices from Behind Bars |
 A Few Songs From Fellow Survivors | Reading Resource List | Organizations that Provide Services for Men who have Experienced Sexual Harm | Credits