

## Resources to support recovery and well-being

### On the web:

[www.livingwell.org.au](http://www.livingwell.org.au) is the web address of Living Well, Australia. It includes lots of pertinent information for survivors and their loved ones, along with details of available counselling support, apps, and more.

**Get the app:** The Living Well app is specifically designed to assist men who were sexually abused in childhood. The app provides practical resources and suggestions that men who have been sexually abused can make use of. The information and resources draw upon research evidence and practice knowledge, in order to offer suggestions that can enhance well-being and help better manage difficulties. The app is designed to be useful for partners, family members, friends, and health care professionals—for anyone looking to enhance their understanding and personal well-being. <http://www.livingwell.org.au/get-support/living-well-app/>

**Living well: A guide for men:** This 60 page book has been written to provide men with some practical information and support about dealing with sexual abuse and its effects. We have tried to keep it manageable, both in terms of its size and level of detail. Most of all, we hope that it offers some useful ideas about taking care of yourself. <http://www.livingwell.org.au/get-support/living-well-services/living-well-a-guide-for-men/>

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[www.1in6.org](http://www.1in6.org) is the site address of our American partner agency, 1in6 Inc. It has great information on issues, news of public awareness campaigns, research, and resources.

### **Bristlecone: Portraits and Biographies of Male Survivors of Childhood Sexual Abuse**

Bristlecone is an excellent go-to place to find motivating portrayals of survivors of sexual abuse who are thriving: <https://1in6.org/men/bristlecone/>

**1BlueString:** The first international awareness campaign concerning male sexual trauma and recovery! Check out the campaign, the videos, and the cool merchandise:

<https://1bluestring.org/>