

Could you help other men escape by sharing your experience?

The charity is often contacted by the media wanting to speak to male survivors of domestic abuse which can really make a difference in encouraging more men to find the strength to escape the awful situation they are in.

We have clear rules so that anyone we may put forward to the media has to have been a survivor for at least two years and has been out of the relationship for at least that period and is no longer in contact with their former partner. In addition, they have to be emotionally stable.

Anyone coming forward would be treated as anonymous (normally the name is changed and no pictures). If a former partner was brought to justice the survivor could be more public if they wanted to but there is never any pressure to do this. The media do handle this issue very sensitively.

Lastly, we never pass to a journalist someone's contact details without speaking to the person beforehand and for them to agree. We do this for every request, not just once, but always.

The Chairman of the charity has worked with the media on a professional basis for 20 years and is used to working with them on this issue. As part of the charity's duty of care we would never do anything that would place a man in a situation where he was not comfortable.

If you have been a survivor or know someone who is and would feel comfortable in coming forward and help other men find the strength to escape, please contact Mark Brooks, if it is safe to do so.

Chairman at chairman@mankind.org.uk