

1.5 million
men

have experienced
violence,
emotional abuse,
or economic abuse
by a cohabitating
partner

You are not
alone.
Support is
available.



About Stand Again

*No matter how many times you are
knocked down*

You can Stand Again

Stand Again is a national family violence
and coercive control support service for
male victims.

Services:

- Virtual 1:1: trauma-informed coaching
for male victims and their families
- Professional CPD-eligible training for
frontline workers
- Workplace support packages
- Educational resources

Learn more



 www.standagain.com.au

 contact@standagain.com.au



Abuse is never ok

Support for **male victims** of family violence

*Stand Again is a national family
violence, and coercive control
support service, providing
information, confidential 1:1
coaching, and professional
training*



Stand Again

Support for male victims
of family violence
www.standagain.com.au



Something is wrong at home

You haven't told anyone because you're not sure what to call it.

Maybe you don't think anyone would believe you. Or you're still trying to hold it together.

If any of this sounds familiar:

- You are not allowed to make decisions about your life
- Things are fine when they go her way. When they don't, everything falls apart
- You are isolated from friends and family
- You walk on eggshells, watching what you say and do
- She threatens to take the kids or pets away, ruin your reputation, or make false reports
- You have no visibility or control over your own finances

Uncertain this is you?

Take the coercive control self assessment test for men



Self Assessment

You can make sense of this. You can survive. You can get steady. You can thrive again.

Separation, coercive control, and family violence leave a specific kind of damage - the kind that's hard to explain to people who haven't lived it.

Confusion, self-doubt, emotional volatility, a loss of who you were before all of this.

Flexible 1:1 Coaching

For men who want ongoing support on their own terms.

- You get to work on what's in front of you – whether it's managing reactive abuse (where you're provoked into losing your temper), improving your co-parenting skills, or managing a specific interaction you want to make sense of.

Focused Coaching Packages

For men who want structured support around a specific challenge.

Arm Yourself

Pre-exit safety and strategy

- Exiting an abusive relationship is not always straightforward, not when all your exits have been blocked

You leave: With a clear plan. How to time it; To stay safe; To reduce the risk of it escalating when you go.

Making Sense of It

Understanding what happened to you

- Post separation doesn't always bring perfect clarity. Self doubt creeps in

You leave: Clearer about what happened. No longer ruminating, or wondering if you caused it or imagined it.

Exit Stabilisation

Supports men in the period immediately before and after physical separation.

- Leaving is the most dangerous and destabilising period

You leave: Able to make decisions that don't cost you later and get through the most dangerous window without losing ground.

Building Forward

Build your pathway to thriving

- Post abuse you may either still be defined by it, or still making decisions about your future on what she would have wanted

You leave: Able to define what thriving means to you, with a plan towards achieving it.