

If You Are Sexually Assaulted

- **Get to a safe place immediately.** Call Family Resource Center or 911 for help.
- **Report the incident.** Try not to eat, drink, shower, smoke, bathe, douche, change clothes or go to the bathroom. This can be extremely difficult given the nature of a sexual assault and the aftereffects and responses victims often feel. Unfortunately, doing any of the above activities destroys evidence. Please try to go directly to the hospital to have medical evidence collected. The hospital will automatically contact the police and you will have the opportunity to file a report.
- **Get medical attention.** You need to go to a hospital, clinic, or private doctor for treatment of external and/or internal injuries, possible pregnancy, and sexually transmitted diseases. Evidence can be collected for up to 72 hours after an assault occurs, but even if it has been longer than that time period you should still seek medical attention. Doctors and medical personnel can also provide information on support services.

If You Were Sexually Assaulted In The Past:

Our staff members and volunteers are trained to provide support and information, regardless of when the assault or abuse occurred. Whether you are male or female, child or adult, heterosexual or homosexual, rich or poor, single or married, regardless of your race, religion, age, or gender we're here for you. Sexual assault or abuse often affects your work, your personal relationships, and your outlook on life. Research shows that counseling helps survivors recover more quickly and more completely. We can help you work through your trauma.

Impact of Sexual Assault on the Survivor	Family Resource Center Provides:
<ul style="list-style-type: none"> • Loss of trust, leads to social isolation • Fear of pregnancy, HIV, and STDs • Absences or loss of job • Self-blame, humiliation, embarrassment • Alcohol and drug abuse • Eating and sleeping disorders • 13 times more likely to attempt suicide • Post-traumatic stress symptoms • Increased chance of revictimization 	<ul style="list-style-type: none"> • 24-hour crisis line • Hospital accompaniment • Follow-up contact • Personal advocacy • Individual and group therapy • Information and referrals • Advocacy in the judicial system • Community Education

Family Resource Center is free and confidential!

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