



# Adult survivors of childhood sexual trauma



***If you are a survivor of child sexual abuse know that it's not your fault.***

***You may be left with a range of feelings such as shame, powerlessness, fear, anger and disgust.***

***The impact of abuse can last for a long time and for some people, their whole life.***

***It can impact on everyone around them in some way.***

***Understanding and overcoming these challenges is possible.***

## Impacts for adult survivors

Child sex abuse can impact your mind, body and spirit. It can further impact your connections to community and relationships with loved ones. These impacts can feel overwhelming at times.

### Remember

- There are people you can talk to who can help.
- The way you are feeling is normal. You're not going crazy.
- You are not alone.
- What happened to you is not your fault.
- You can feel healthy and good again.

# Healing is possible

## There are things that might help you cope:

- **Practise breathing in slowly** through your nose to the count of 4 and then slowly breathe out from your mouth to the count of 6. Repeat until you feel relaxed.
- **Notice what you tell yourself.** Try stopping yourself from thinking negative thoughts and starting to say positive statements to yourself such as 'I can do this, I'm a survivor' and 'I deserve good things'.
- **Focus on the moment** to calm your body and mind. Go back to practising your breathing and reaffirming your positive statements.
- **Paint, draw or write** your feelings to shift them out of your body and onto a page. You could also try to paint, draw or write the things you would rather feel.
- **Exercise, dance,** go for relaxing walks on Country.
- **Sit around a fire,** jump in the ocean or a river for healing.
- **Stay connected** with family and community you trust and those who make you feel safe.
- **Talk to a counsellor** who understands about trauma.



*What was done to you does not define you.  
It is not who you are.*

### Sexual Assault Resource Centre (SARC)

**Metropolitan area:** A free 24-hr emergency service providing medical and counselling services for people who have experienced a recent (within 14 days) sexual assault, and counselling services for any form of unwanted sexual contact that has happened in the past for all genders ages 13 years and above.

**Regional area:** Advice and education and training can be provided to services across the state of Western Australia.

Call SARC on (08) 6458 1828 or Freecall 1800 199 888.

Email SARC Education and Training on [SARCTraining@health.wa.gov.au](mailto:SARCTraining@health.wa.gov.au)

#### Yorgum Healing Services

Disability counselling, intensive family support and National Redress services

Call 1800 469 371

#### 13 Yarn

The first national crisis support line for mob who are feeling overwhelmed or having difficulty coping, 24hrs/7 days a week

Call 139 276 (13YARN)

#### WA Police

To report a sexual assault:

Go to your local **police station**.

Call **131 444**

Go online [Safe2Say.com.au](https://www.safe2say.com.au)

#### Non emergencies

Police assistance and reporting

Call **131 444**

Emergency

Call **000**

Police, Fire, Ambulance