



After sexual trauma

I feel scared
and angry

I feel
no good

Who will
believe me?

I feel
confused and numb

I don't feel
the same



As a survivor of sexual trauma, you may experience some strong emotions, thoughts, and physical effects. These effects can upset your spirit and cause changes in your behaviour.

This is normal and you're not going crazy.

Remember

What happened to you is not your fault and it's important to seek help from a trusted professional and to call the police if you feel unsafe.

You can have feelings like:

- Anger, loneliness, emptiness, sadness and shame
- Feeling unsafe and afraid

You can have thoughts like:

- 'I'm no good. No one cares about me.'
- 'I'm not sure if anyone will believe me.'
- 'It's my fault. I should've been smarter.'
- 'I don't feel that I can go on like this.'

Your body might be affected like:

- Feeling shaky and nervous all the time
- Feeling sick in your stomach
- Feeling pain
- Feeling tired

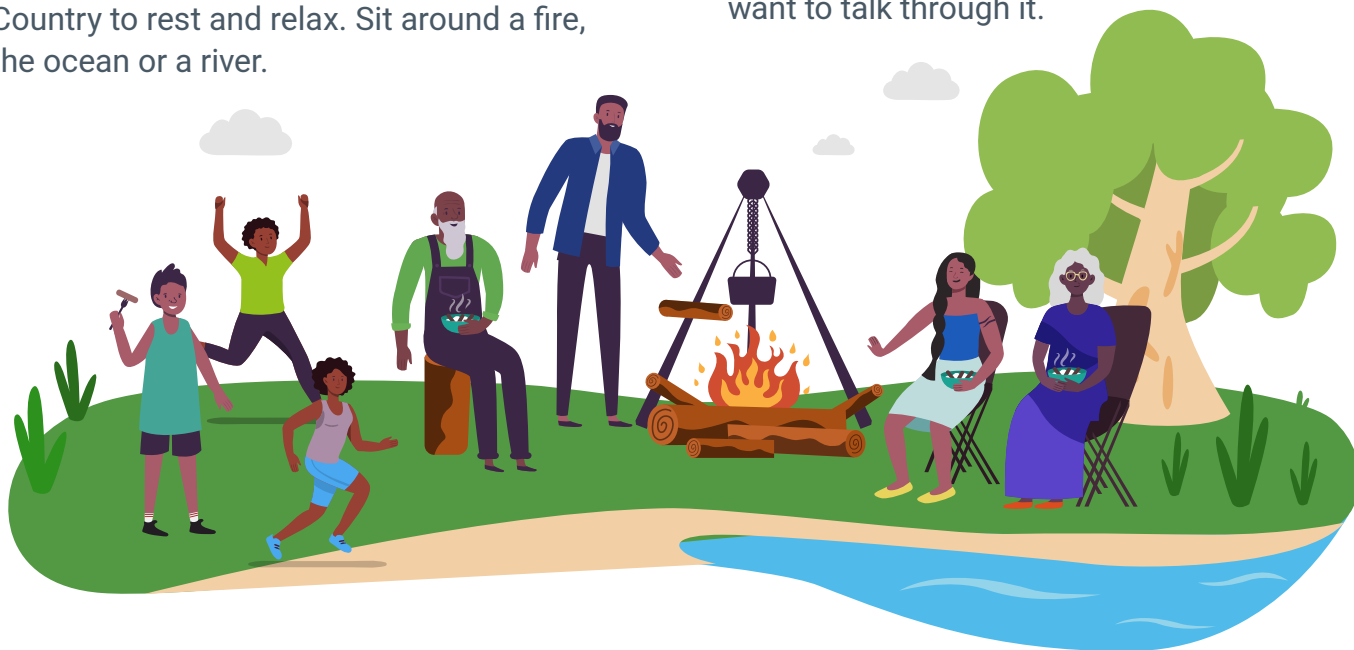
You might do things like:

- Isolate yourself by pushing people away
- Be on your guard all the time
- Avoid people and places that remind you of what happened.

Ways to help you cope after sexual trauma

It helps to:

- Seek help and healing straight away to prevent additional problems, such as abuse and misuse of alcohol and other drugs.
- Spend time with people you trust and who care about you. Tell them what happened when you feel ready.
- Get some quiet time. Connect with Country to rest and relax. Sit around a fire, the ocean or a river.
- Get a little exercise if you can. Go on a nature walk.
- Try to create moments of joy for yourself.
- Keep doing the things you like.
- Reach out to a trusted friend, family member or support worker if you have thought of suicide.
- Seek an experienced trauma counsellor if you want to talk through it.



Healing from trauma takes time

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

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**

Non emergencies

Police assistance
and reporting

Call 131 444

Emergency

Call 000

Police, Fire, Ambulance