

Taking care

after a sexual assault

There is no right or wrong way to feel after someone has touched your private parts or had sex with you without your permission.

Short Term Effects of Sexual Assault

You might ...

- feel alone, unsafe or afraid
- feel confused and can't think
- have sleeping problems and feel tired
- have nightmares
- feel sick and can't eat
- feel guilty and shame
- feel angry or sad
- think lots about what happened
- get body pain and headaches
- feel no one can be trusted
- feel shaky and nervous
- feel bad and dirty

Long Term Effects of Sexual Assault

You might ...

- always feel sad
- always think about what happened
- feel really angry
- feel unsafe and always watching for danger
- think "Did that really happen to me?"
- stay away from people
- have really bad dreams
- feel alone and mixed up
- feel you want to hurt yourself
- want alcohol or drugs

Some tips on taking care of yourself

Do

- Spend time with people who care
- Spend time with people you trust
- Talk when you feel READY
- Get some rest and relax
- A little bit of exercise if you can
- Things that you like

Don't

- Drink alcohol or take drugs
- Give up on the things you like
- Stay away from family / friends who care
- Keep things on your mind
- Let bad feelings get to you
- Take risks that will hurt you

Taking care

after a sexual assault

How Counselling Can Help

Counselling can give you time to talk to a caring person who won't judge you. You can talk about what happened and how it is hurting you now. It can help you with your feelings.

Places to get help

Yorgum Aboriginal Family Counselling Service

Phone: (08) 9218 9477

Moorditj Yarning- Relationships Australia

Phone: 1300 364 277

Derbarl Yerrigan Health Service- East Perth

Phone: (08) 9421 3888

Lifeline – Telephone crisis counselling

Phone: 1311 14 (24-hour line)

The Samaritans – 24 hour telephone support

Phone: 9381 5125

The Sexual Assault Resource Centre (SARC)

SARC offers support for both recent and past sexual assault and sexual abuse.

Free counselling is available and emergency phone counselling support is available from 8.30am to 11.00pm daily.

The SARC 24-hour Emergency Telephone Line provides access to an experienced counsellor and doctor for people who have been recently assaulted (within 14 days).

(08) 6458 1828 or 1800 199 888 (freecall from a landline)

Remember

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

