IMPORTANT INFORMATION FOR SEXUAL ASSAULT VICTIMS

MEDICAL CARE

As a survivor of sexual assault, you may have health concerns: A local hospital emergency room can provide you with immediate medical attention. Do not bathe, douche or change clothes before the exam. This may destroy evidence. If possible, you should bring a change of clothes with you or arrange for someone else to do that for you. If you were not examined at the emergency room, you may want to consider visiting your doctor. It is important to seek treatment for any physical injuries and have testing done for sexually transmitted diseases, HIV and pregnancy. If you do not have a regular doctor, the following offices can assist you with medical attention:

• Elkhart County Health Department
  o Community Health Nursing
  o Sexually Transmitted Infection Clinic
  o HIV Prevention
	608 Oakland Ave., Elkhart	574-523-2127
		or 877-523-2283

• Heart City Health Center	317 West Lusher, Elkhart	574-293-0052
• Maple City Health Care Center	213 Middlebury, Goshen	574-534-3300

EMOTIONAL HEALING

Recovery from the trauma of sexual assault can be a long, difficult and emotional journey. You are encouraged to seek professional help. The level of violence varies from case to case but the effects are similar for people who have been victimized by sexual assault. Sexual assault affects a victim's physical, psychological, social, spiritual, intellectual and economic well being. Common reactions are:

- Embarrassment
- Fear
- Anger
- Denial
- Depression
- Anxiety
- Emotional numbness
- Sleeping disturbances/nightmares
- Difficulty or radical changes in eating habits

Recovery takes time but it is greatly enhanced by personal support and knowledgeable counselors. Sexual assault is a personal intrusion of your body and your life. Find support systems that can help you. Many people find it helpful to speak with a rape crisis counselor. Please consider the following agencies for more information on sexual assault:

• Victim Assistance Services	www.elkhartcountyprosecutor.com	574-523-2237
• YWCA	www.ywcancin.org	574-830-5073
• Indiana Coalition Against Sexual Assault	www.incasa.org	800-691-2272
• Indiana Crisis Hotline and Language Line Services		800-656-HOPE
• Rape, Abuse and Incest National Network	www.rainn.org	800-656-HOPE
• Violence Against Women Online Resources	www.vaw.umn.edu/library/sexassault	

If bruising appears in the days following the assault, contact the investigator to have photos taken.