

IMPORTANT INFORMATION FOR SEXUAL ASSAULT VICTIMS

MEDICAL CARE

As a survivor of a sexual assault, you may have many 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 you were not examined at the emergency room, you may want to consider seeing your doctor. It is important that you are treated for any physical injuries and that you have follow-up testing for sexually transmitted diseases, HIV and pregnancy. If you do not have a regular doctor, the following offices may be able to assist you with medical attention:

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| • Heart City Health Center | 317 West Lusher | Elkhart | 293-0052 |
| • Maple City Health Care Center | 213 Middlebury | Goshen | 534-3300 |
| • Elkhart County Health Department | Community Health Nursing | | |
| | *HIV Counseling, Testing & Care Management | | 523-2127 |
| | *Sexually Transmitted Disease Clinic | | 523-2128 |

EMOTIONAL HEALING

Recovery from the trauma of sexual assault can be a long, difficult, 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 a sexual assault. Typical reactions are:

- ❖ Embarrassment
- ❖ Fear
- ❖ Anger
- ❖ Denial
- ❖ Depression
- ❖ Anxiety

Recovery takes time, but is greatly enhanced by support and knowledgeable counselors. Sexual assault is a personal intrusion on your individual body and life. Find a support system that can help you. Many people find it very helpful to talk with a rape crisis counselor. A crisis counselor is available in our community, 24 hours a day, 7 days a week.

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| • <u>YWCA</u> | 389-3399 Ext 109/123 | Crisis Counselors/Recovery and Support Groups |
| • <u>Mental Health Association</u> | 295-8935 | Free Depression/Anxiety Screening & Counseling Referral |
| • <u>Dial Education</u> | 862-3996 dial 340 | Information Line/Rape: What is it? |
| • <u>Dial Education</u> | 862-3996 dial 341 | Information Line/Rape: The Survivor |
| • <u>Dial Education</u> | 862-3996 dial 178 | Information Line/Post Traumatic Stress Disorder |
| • <u>Dial Education</u> | 862-3996 dial 380 | Information Line/STD's: What is it? |

REGARDLESS OF THE CIRCUMSTANCES SURROUNDING THE VIOLATION, NO ONE HAS THE RIGHT TO ASSAULT YOU. IT IS A CRIME. IT WAS NOT YOUR FAULT.

IF YOU NOTICE ANY BRUISING SEVERAL DAYS AFTER THE ASSAULT CONTACT THE INVESTIGATOR FOR PHOTOGRAPHS.