

## IMPORTANT INFORMATION FOR SEXUAL ASSAULT VICTIMS

### MEDICAL CARE

As a survivor of 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 or pregnancy. If you do not have a regular doctor, the following offices may be able to assist you with medical attention.

- Elkhart County Health Dept                      608 Oakland Avenue                      Elkhart, IN
  - HIV Counseling, Testing & Care Management                      574-523-2127
  - Sexually Transmitted Disease Clinic                      574-523-2128

### 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. **“Rape is the ultimate invasion of a person’s privacy. It is the intrusion of the inner space of a person and is extraordinarily destructive to the victim’s being, both physical and mental.”** (Moton Bard, PhD Psychologist, City of New York) **Sexual Assault affects the victim’s physical, psychological, social, spiritual, intellectual and economic well being. The level of violence may vary, however the effects are similar for people who have been victimized by 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. Please consider the following agencies for more information on sexual assault:

- Elkhart County Prosecutor’s Office                      [www.elkhartcountyprosecutor.com](http://www.elkhartcountyprosecutor.com) 574-296-1888
- Indiana Coalition Against Sexual Assault                      [www.incasa.org](http://www.incasa.org)                      800-691-2272
- Indiana Crisis Hotline & Language Services Line                      800-656-HOPE
- Rape, Abuse and Incest National Network                      [www.rainn.org](http://www.rainn.org)                      800-656-HOPE
- National Center for Posttraumatic Stress Disorder                      [www.ncptsd.org](http://www.ncptsd.org)
- Violence against Women Online Resources                      [www.vaw.umn.edu/library/sexassault/](http://www.vaw.umn.edu/library/sexassault/)

**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.**