

## Sexual Assault Services | Support Information

Sexual assault is an extremely traumatic crime. We are sorry you are going through this. If you are experiencing any of the feelings, thoughts or responses noted on the back of this card & are worried about how the sexual assault is impacting you, it may be helpful for you to speak with someone who is trained in victim service work. With your consent, a Community Based Victim Services Worker will contact you by phone over the next couple of days to check-in to see how you are & to see if there is anything we can do to support you.

All feelings and reactions are valid. Please know there is no right or wrong way to react to a sexual assault & to also know that you are not alone. Often survivors experience tonic immobility in being unable to speak or move during a sexual assault, also known as the 'freeze' response. This response is a common, biologically based, involuntary reaction to trauma & protects you from the likelihood of more serious injuries when you cannot fight & cannot flight the situation.

Healing from this experience is essential & may take weeks, months or even years to bring a sense of balance back to your life. You may want to speak with someone & we respect your decision of whom you may wish to speak to - family, friends, professionals, support services &/or police. We also respect your decision not to talk to anyone about the assault

You can contact us for support - In Nelson call Community Based Victim Services at 250-352-5777. In Nakusp call Stopping the Violence Outreach 250-265-0412.

We know that whatever happened, it was not your fault.



@sas.nelson.nakusp

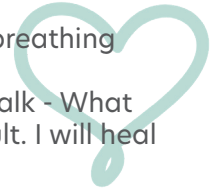
[servicesfyi.ca/sas](https://servicesfyi.ca/sas)

## Commonly experienced feelings, thoughts, & responses to sexual assault:

- Disbelief or denial - it was just a bad dream
- Fragmented memory or memory loss
- Emotional - shock, numb, void of feelings
- Guilt - I should have/could have
- Anxiety - panic attacks, difficulty breathing
- Fear- afraid to be alone, to go to sleep
- Powerless - loss of control
- Angry - at the assailant, at the people you love
- Flashbacks - re-experiencing the assault
- Depressed - unable to get out of bed
- Change in sleep patterns - too much or too little, nightmares
- Feeling overwhelmed - crying often
- Increased concern for personal safety

## Self-care suggestions:

- Be patient & kind to yourself
- Eat when you can, small amounts
- Rest & allow quiet time
- Stay grounded - 5 things you can touch, 4 things you can see, 3 things you can hear, 2 things you can smell, 1 thing you can taste
- Watch a funny movie or show
- Get some fresh air, take a walk
- Do something creative - paint, draw or write
- Stretch, practice deep breathing
- Listen to music
- Maintain positive self-talk - What happened is not my fault. I will heal from this. I am strong



**You can contact the Anti-Violence Crisis Line 24/7 at 250-354-4357 for support.**

**Community Based Victim Services support is available in Nelson, Monday to Friday from 9am-4pm. We can provide one-to-one support & assist you with accessing counselling & resources or to make referrals in the community. We can support you to discuss reporting options if you choose to report.**

**You do not have to report to the police.**