



“At first I think I was in shock. I couldn’t even bring myself to call what happened ‘rape’.

After trying to just forget about it, I realized that this experience wasn’t just going to go away — I needed help.

That’s when I picked up the phone and called The Center.

The staff is so caring and understanding. I went through counseling and attended support groups.

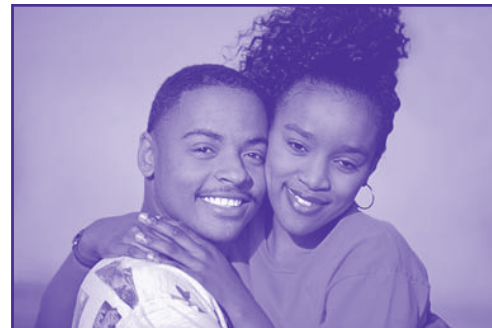
In the beginning I thought of myself as a victim. Today, I know I am a survivor.”

“My world just shattered. I couldn’t believe that someone I knew, that I trusted could do that to me.

I was angry and sad at the same time. I didn’t know how I was going to tell my family, my friends. How were they going to treat me when they found out?

Thankfully, there are people who understand and who won’t judge you. The staff and volunteers at The Center for Women and Families were there for me through the most difficult experience of my life.

I have been able to move past this experience with the knowledge that I am a strong survivor.”



Locations

For more information about services offered at The Center, please call any of our locations or visit our website.

KENTUCKY

Kentucky Campus

Open 24 Hours

P.O. Box 2048

Louisville, KY

(502) 581-7200 Business Line

(502) 581-7222 Rape Crisis Line

(502) 581-7242 TDD

West Louisville Campus

(502) 775-6408

Bullitt County Services

(502) 538-0212

Shelby County Area Services

(502) 633-7800

INDIANA

Southern Indiana Campus

Open 24 Hours

New Albany, IN

(812) 944-6743 Crisis Line

Corydon Office

(812) 734-0280

Marengo Office

(812) 365-2338

Scottsburg Office

(812) 752-7996



A United Way Partner Agency



Metro United Way
United Way of Scott Co., Inc.

(877) 803-7577

Toll Free Crisis Line • 24 Hours

www.thecenteronline.org

The Center for Women and Families is committed to creating an environment in which diversity is valued and assures no person shall be excluded from participation in, denied the benefits of, subjected to discrimination under, or denied employment on the basis of race, religion, sex, national origin, sexual orientation, gender identity, age, handicap, disability, veteran status, familial status, or political opinion.

Our programs are funded in part by the following: Kentucky Domestic Violence Association, Kentucky Association of Sexual Assault Programs, Kentucky Housing Corporation, Metro Louisville, Metro United Way, United Way of Scott County, Inc., U.S. Department of Housing and Urban Development, and many more federal, regional and local sources. Please review our most recent annual report at www.thecenteronline.org for a complete list of our funders.

Surviving and Healing from Sexual Assault

Information from



THE
CENTER
FOR
WOMEN
AND
FAMILIES

Healing Takes Time

This brochure is a start in the direction of gaining knowledge to assist you in healing.

If you have been raped or sexually assaulted, you have experienced a frightening, life threatening trauma.

It is important to remember:

- You are not to blame. The rapist is solely responsible.
- Rape is a violent crime involving power, anger, and control.
- Survival means you have done the right thing.
- Manipulation and intimidation are just as powerful tools in rape as physical force. You did not have to fight back in order for it to be rape.
- No one asks or deserves to be raped.
- You have the right to experience any and all feelings you have.



You have been a victim of a violent crime, now you are a survivor.

Reactions

People who are raped or sexually assaulted may have many of the following reactions. Remember, these are **normal** and, in most cases, temporary.

- **Emotional** - depression, guilt, shame, grief, fear, anger, mood swings.
- **Behavioral** - inability to concentrate or relax, avoiding places, people, thoughts or feelings, loss of interest.
- **Physical** - nausea, headaches, changes in eating or sleeping patterns, or menstrual cycle.

You may feel dirty, ashamed, guilty, humiliated or responsible. It is normal to experience these feelings, but it is not your fault.

If the assailant is someone you know, you may feel your trust in that person has been destroyed as well as your trust in your own judgement about people in general.

These reactions may be more difficult to handle on holidays, the anniversary date of the assault, or an event that reminds you of the rape.

Steps to Recovery

- Remember you don't have to go through this alone. There are rape crisis counselors available 24 hours a day.
- Be honest with yourself about your feelings and thoughts.
- Try not to punish yourself with "If only...." The rapist chose to commit this crime, not you.
- Talk to people you trust.
- Take care of yourself — get rest, plan comforting activities, avoid (excessive) use of alcohol or drugs.
- Ask for help if necessary from family, friends, police, doctors, and counselors.
- It is best to follow through with suggested medical care.
- You only have to tell the people you choose to tell.
- You only have to share what you are comfortable sharing.
- If the pain becomes too great or you feel you are not adjusting well, you may want to seek professional help.

You have experienced a loss and will be grieving that loss.



Help is Available

Since 1975, the Rape Crisis Program has helped women, men, and children who are victims of rape and sexual assault.

**24-Hour Crisis Line
(877) 803-7577 or (800) 656-HOPE**

Provides crisis intervention, information, referrals for services, and support for you and your family and friends.

Hospital Advocacy

Provides someone to be with you during emergency room exam to answer questions and provide support.

Caseworker Services

Helps you determine what it is you are needing most right now and how to meet those needs.

Legal Justice Advocacy

Discusses pros and cons of reporting to the police and what to expect in court proceedings. Provides someone to accompany you to all proceedings to answer questions and provide support.

Therapy

Helps you look at the way sexual assault is affecting your life and helps you through the healing process.

Therapy Groups

Adult and adolescent groups offer the opportunity to meet with other survivors to share your experiences, receive and give support.

Parents and Partners

An educational session designed to give your family and friends information and support to help them better understand rape trauma.