

OTHER PEOPLE'S REACTIONS

Some of your friends may be sensitive to your feelings. But others may not understand and may not know how to help you or what to say. Some may not treat you in the way you would like. Talking to a support worker may help you to deal with this.

FOR A FRIEND OR RELATIVE

If your friend or relative has been raped or sexually assaulted, be supportive and accepting. Do not blame the victim. Remember nobody asks for this to happen. You may feel angry, helpless or confused. It is good to talk these feelings through with some one.

Support people or counsellors are available.

SAFECARE



Providers of SAFECARE

P O Box 944

391 Durham Street North

Christchurch 8140

Phone 03 377 5401

Fax 03 377 5402

Email sast@sast.org.nz

www.sast.org.nz

Thank you to those who have contributed towards the funding of SAFECARE

Newman's Own Foundation Fund
Christchurch City Council
Ashburton Trust
W M Toomey Trust

SAFECARE

**24 hour
RAPE & SEXUAL
ASSAULT CRISIS
SUPPORT
Emergency Phone
364 8791**

a service of



NOBODY ASKS TO BE RAPED OR SEXUALLY ASSAULTED

It can be frightening and humiliating.

It's important to see a doctor to make sure you're ok.

You may need a lot of support afterwards.

Some people may not understand and may say things that hurt you.

Everyone reacts differently. There is no "right" or "wrong" way to react to rape or sexual assault.

You can still use the Safecare Service even if you decide not to report the assault to the Police.

SAFECARE PROVIDES

SUPPORT

- At the medical rooms
- At the police station
- On request we will try to provide someone of your own culture or gender.

AFTERCARE pack

- We provide a pack of information on aftercare.

FOLLOW UP

- Phone contact after the assault if appropriate.
- Counselling available at the Sexual Abuse Survivors Trust

REFERRAL SERVICE

The Sexual Abuse Survivors Trust offers a free referral service and free or low cost counselling.

Please phone 03 377 5401 for an appointment

IF YOU HAVE BEEN RAPED OR SEXUALLY ASSAULTED

It can be really difficult to tell people, especially if the attacker was someone you know.

You may feel upset, dirty, guilty, ashamed, angry or numb.

You may be frightened to be alone.

You may have nightmares or have trouble sleeping.

You may just want to forget it all.

You may, at a later stage, want some help.

These are normal feelings. It is often helpful to talk to someone you know and trust, or to talk to a counsellor about your feelings.

Phone 03 377 5401