

You're not Alone

Survivors of sexual assault can experience a wide variety of normal reactions to a traumatic event. These reactions can include:

- Self-blame
- Sleeplessness
- Change in appetite
- Anger
- Hopelessness
- Easily startled
- Afraid
- Worthlessness
- Nightmares
- Crying

Without proper care and attention, traumatic events can lead to an increased likelihood of developing substance abuse and/or addiction; anxiety and/or depression and interfere with daily levels of functioning. At HelpLine, we offer survivor-centered trauma services to any teenage or adult sexual assault survivor.

For more information about our free services to survivors, contact the SARN program at 1.800.684.2324.

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Volunteer with SARN

Become a SARN advocate! Volunteer advocates respond to hospitals and law enforcement agencies in Delaware and Morrow Counties to provide emotional support to survivors of sexual assault and offer information and referrals to the survivor, their family and friends. Advocates may also participate in community events and provide information about sexual assault and HelpLine services.

Benefits:

- Be a part of the movement to end sexual violence
- Personal & professional growth
- Obtain crisis intervention skills
- Satisfaction in helping others
- Make friends

Requirements:

- Desire to help others
- At least 18 years old
- High School diploma or GED
- Transportation
- Reliable, mature, and responsible
- Successfully complete SARN training

SARN Training occurs in the fall and spring of each calendar year. To learn about upcoming training opportunities, contact HelpLine.

For More Information

HelpLine dial 211 or 1.800.684.2324 (toll free)
Deaf and Hard of Hearing dial 711 or 1.800.750.0750
Language Services Available

Delaware County Office:
11 N. Franklin St.
Delaware, Ohio 43015
Hotline: 740.369.3316

Morrow County Office
950 Meadow Drive, Suite B
Mt. Gilead, Ohio 43338
Hotline: 419.947.2520

www.helplinedelmor.org
Pub. SAR001
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HelpLine is an Equal Opportunity Employer/Provider.

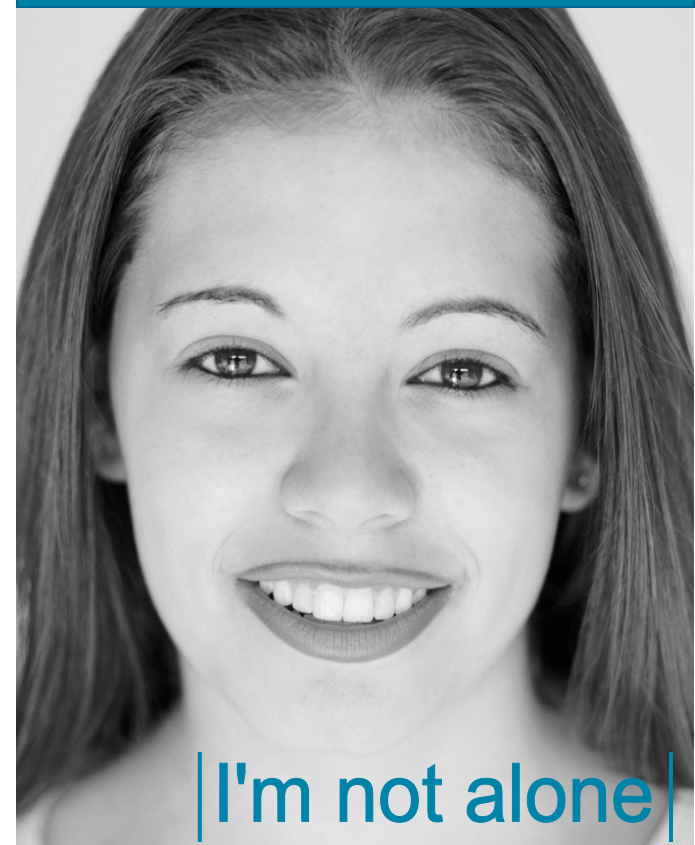


HelpLine

Of Delaware and Morrow Counties, Inc.

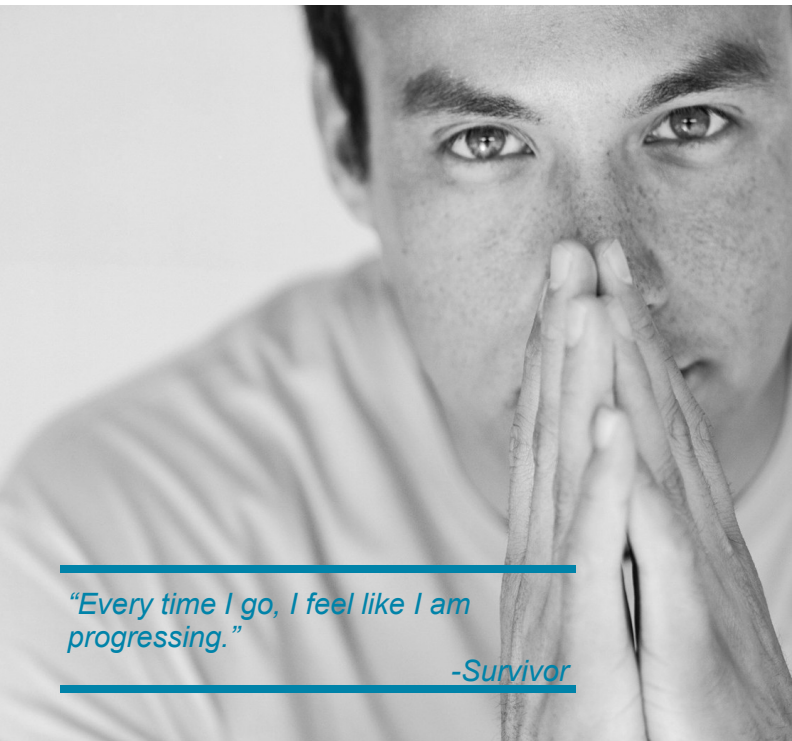
SARN

Sexual Assault Response Network



| I'm not alone |

**Providing Rape Crisis
and Recovery Services for all
survivors of sexual assault**



“Every time I go, I feel like I am progressing.”
-Survivor

Options for You

Sexual assault is a traumatic experience. To ensure your health and safety, and to give you legal options in the future, you may want to consider:

Going to the hospital (within 72 hours)

Why? You may have serious injuries that you aren't aware of and you can ask about medication to prevent pregnancy or Sexually Transmitted Diseases (STDs). Specially trained nurses can collect evidence for future prosecution.

Reporting the assault to law enforcement

Why? For possible future prosecution. To ensure the safety of yourself, your family and the community.

Getting tested for STDs

Why? Some STDs do not cause physical symptoms. Getting tested will help ensure you are not at risk for future problems.

Talking to a trusted friend, family member or SARN advocate

Why? Speaking with supportive friends and family helps you know that you are not alone.

Participating in trauma informed therapeutic services through SARN

Why? Appropriate professional care accelerates the healing process.


SARN Can Help

SARN advocates are available to assist survivors at the hospital and with law enforcement immediately following an assault and can help connect a survivor to the resources at HelpLine and in our community.

SARN offers:

- A free, 24-hour information, referral and crisis line.
- Individual support at hospitals and law enforcement agencies.
- Survivors of sexual assault workshops.
- One-on-one crisis intervention and follow up.
- Healing workshops for survivors & their support people.
- Annual retreats led by survivors.
- Sexual assault prevention and education.
- Trauma informed therapeutic support.

Even if the assault happened years ago, the SARN program at HelpLine can still help. Unfortunately, many survivors do not think they need help until months or years after the assault. Remember, it's never too late to get help.

 **Our advocates are trained and prepared to help male, female, LGBTQ, teen, adult, and/or elderly survivors of sexual assault.**



“The SARN program was informative, encouraging and empowering.”
-Survivor

What is Sexual Assault

Sexual assault is any unwanted sexual activity that you don't agree in situations when you are:

- coerced
- threatened or forced
- unconscious
- intoxicated
- unable to consent in any circumstance for any reason

Sexual assault is a crime of violence, power and control.

 **Remember it's never the survivor's fault!**

Call the free, confidential hotline at 211 or 1.800.684.2324