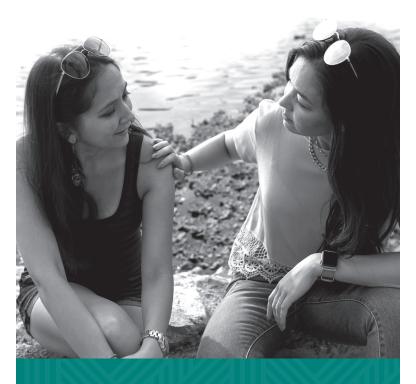
## Self-care and Coping after Sexual Assault





Supporting.
Connecting.
Healing.

The Sexual Assault Response Network (SARN) understands how harmful sexual assault can be on mental, emotional, and physical health. Trauma responses are common and normal after a sexual assault, but can cause you to feel out of control.

## Self-care & Coping After Trauma

Trauma can disrupt emotions, health, sleep, day-to-day activities, and beliefs about a safe world. Here are ways to take care of yourself while you heal:

- Talk with supportive friends/family
- Engage in fun or leisure activities you enjoy
- Write down your thoughts in a journal
- Take extra care of yourself
- Connect to SARN to learn about trauma, counseling resources, and other support

24/7 hotline and textline1.800.684.2324 orText helpline to 898211



Helping sexual assault survivors in Delaware, Morrow, Crawford, Wyandot, and Union counties.

Language Services Available