

Self-care and Coping after Sexual Assault



Sexual Assault Response Network

A Community Program of **HelpLine**



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 textline
1.800.684.2324 or
Text helpline to 898211



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

Language Services Available