

How to Support a Sexual Assault Survivor



Sexual Assault Response Network

A Community Program of **HelpLine**



**Supporting.
Connecting.
Healing.**

Co-Survivor

A Co-Survivor, or someone close to a survivor of sexual assault, can also be profoundly affected by the assault. Friends and family of survivors may experience the emotional effects of trauma firsthand, and become an important provider of emotional support.

How to Support a Survivor

Effective communication is important to a survivor's wellbeing. Consider using these phrases to support a survivor in their healing process:

- I believe you and I'm here to listen
- You are not to blame
- The decisions you made helped you survive

Things to Avoid Saying:

- Don't cry, just forget about it
- I'm so angry I could hurt them
- "Why" questions

Aftermath of Sexual Assault

Survivors and Co-Survivors of sexual assault can experience a wide range of normal reactions to this traumatic event. Making sure you take care of yourself in the process isn't selfish, it's recommended so you can be the support you want to be.

Call our support and information line
at **1.800.684.2324** and **211**
or text helpline to **898211**
Suicide and crisis lifeline, **988**
Deaf or hard of hearing: **711** or **1.800.750.0750**
Language Services Available



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*HelpLine is a tax-exempt organization under the 501(c) 3 Internal Revenue Code.
Calls are toll-free and standard rates apply when using our text service.*

HelpLine is an equal opportunity employer/provider.