

# 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

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.*