

Counseling



“You may trod me in the very dirt, but still, like dust, I’ll rise.” Maya Angelou

You are not at fault!

You did not provoke the assault!

Rape and other acts of sexual assault are crimes of violence. The fault lies solely with the perpetrator. You may be haunted by nightmares, feel numb, in shock, angry, frightened, having trouble trusting others, ashamed, guilty and very overwhelmed.

There is HOPE. Breaking your silence is the first step. Counseling can help you take control of your life and move from being a victim to being a survivor. Most survivors find therapy and support groups crucial to recovery.

We can help you move forward as a survivor. Counseling is available as the victim and to your family and friends as your support group. If you are the parent, grandparent or guardian of a child we offer counseling to victims of all ages, from children to adult. We also have support group meetings. Counseling is available to you regardless of age, race, gender or sexual preference.

S.A.F.E. Sexual Assault and Family Emergencies

**730 E. 2nd Street
Centralia, IL 62801
Phone: 618-533-0475
Fax: 618-533-0476
safe@safecrisiscenter.org**

Services Provided

24-hour Hotline Crisis
Intervention 800-625-1414

Medical and Legal Advocacy

Individual, Family and Group
Support

Counseling

Prevention Educational
Presentations

In-service/Institutional Training

**ALL SERVICES FREE
AND CONFIDENTIAL**

Sexual Assault and Family Emergencies



24-HR HOTLINE 800-625-1414

Sexual Assault Awareness

Every 2 minutes,
someone in the U.S. is
sexually assaulted.

1 in 6 women in America will
be a victim of sexual assault.

60% of rapes/sexual assaults
are not reported to the police.

Almost 2/3 of rapes were
committed by someone known
to the victim, among college
age women 90% knew their
attacker.

**Imagine a world without
sexual violence**

**24-HR Hotline:
800-625-1414**

What is Sexual Assault? What to do if You Are Assaulted and How we Can Help.



What is Sexual Assault?

Sexual Assault refers to unwanted sexual acts (from sexual bullying to rape) committed through force or the threat of force and/or the accused knew the victim was unable to understand the nature of the act or was unable to give knowing consent. Sexual assault can happen to anyone. **Sexual assault is never the victim's fault.**

S.A.F.E. will be there for you – we will be with you as you go step by step through the healing process – from victim to survivor. Your health and emotional well being are our major concerns.

S.A.F.E. services are confidential, free and available 24-hours a day, 7 days a week.

If you have been sexually assaulted:

1. Get to a safe place and call the police or our hotline.
2. **DO NOT CHANGE YOUR CLOTHES, TAKE A BATH OR SHOWER, BRUSH YOUR TEETH, EAT, DRINK, SMOKE OR URINATE.** Your clothes and body may provide valuable evidence in catching and prosecuting the perpetrator.
3. Get immediate medical attention. Take all medications and keep all follow-up appointments to ensure you stay healthy.

What Can You Expect at the Hospital?

You will undergo a thorough examination to check for injuries or other medical complications that require treatment or care due to the sexual assault and options for emergency contraception will be explained. Evidence will be collected that will be needed in the legal system to help bring the perpetrator to trial. Emergency Room personnel will also notify SAFE that a sexual assault victim has arrived and a Medical Advocate will arrive.

What is a Medical Advocate?

A trained individual that will provide support for you as you go through the medical process. The advocate understands the medical process, can explain all of your options and ensure that your rights are protected under the law.

What is a Legal Advocate?

The responsibilities of the legal advocate are based on the belief that you have the right to justice and maximum participation in the preparation of your case. An advocate will: provide information on the progress of the police investigation, court process and court dates; communicate your needs to the police and state's attorneys; will be there for you as the case moves through the criminal justice system.

