

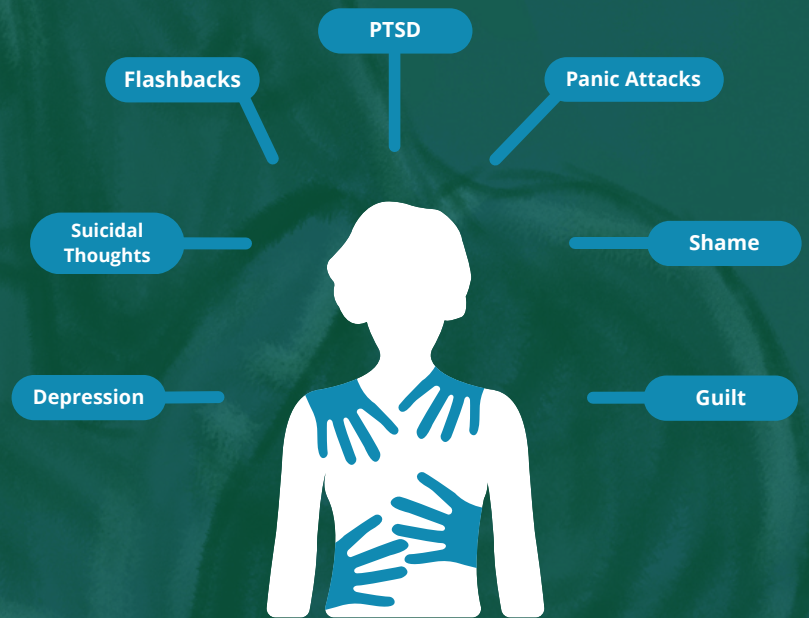
DO I NEED HELP FOR SEXUAL VIOLENCE?

WHAT IS SEXUAL VIOLENCE?

Sexual violence is an all-encompassing, nonlegal term that refers to crimes like sexual assault, rape, and sexual abuse.

Recovery

- After sexual assault it is hard to know how to react.
- You may be physically hurt, emotionally drained, and unsure what to do.
- Recovering from sexual assault is a process that is different for everyone. There is no timetable for healing.
- Justice can mean different things to different people, and reporting a crime is an individual decision.
- Resources are available.



SEXUAL VIOLENCE CAN AFFECT ANYONE.

YOU DESERVE SAFE, HEALTHY RELATIONSHIPS.

If you were a victim of sexual assault, call 800.656.HOPE. It's free, confidential, and available 24/7.

For more information on behavioral health resources, visit <https://bhowell.uky.edu>

References:

1. Schmitt, S., Robjant, K., Elbert, T., & Koebach, A. (2021). To add insult to injury: Stigmatization reinforces the trauma of rape survivors – Findings from the DR Congo. *SSM - Population Health*, 13, 100719. <https://doi.org/10.1016/j.ssmph.2020.100719>
2. Stewart, D. (2021, March 26). Stigmas and stereotypes around sexual assault and reporting. *Resilience*. <https://resiliencemi.org/stereotypes/>