



Being an Ally

- * LISTEN
- * BELIEVE
- * BE NON-JUDGEMENTAL
- * BE REAL
- * SUPPORT the CHOICES of the SURVIVOR
- * OFFER OPTIONS
- * PROVIDE RESOURCES
- * LET THEM KNOW IT IS NOT THEIR FAULT - NO MATTER WHAT

If you or someone you know has survived a drug-facilitated sexual assault, the North Coast Rape Crisis Team is available 24 hours a day, 7 days a week to LISTEN, BELIEVE & SUPPORT.

RESOURCES:

NORTH COAST RAPE CRISIS TEAM

Humboldt 24-hr hotline: 707-445-2881

TTY: 707-443-2738 - 8:30-5:00

Business Office: 707-443-2737 - 8:30-5:00

Del Norte 24-hr hotline: 707-465-2851

TTY: 707-443-2738 - 8:30-5:00

Business Office: 707-443-2737 - 8:30-5:00

NCRCT Welcomes Collect Calls

RAINN: 800-656-4673

Suicide Prevention Lifeline: 800-273-8255

Humboldt County Alcohol/Other Drugs

707-445-6250

Humboldt County Mental Health Hotline:

707-445-7715 or 888-849-5728

Humboldt County Victim Witness 707-445-7417

Del Norte County Mental Health

707-464-7224 (business & hotline)

Del Norte County Victim Witness 707-46472-73

Support is Available

Drug-Facilitated Sexual Assault



North Coast Rape Crisis Team

Alcohol

The most often used weapon in sexual assaults is ALCOHOL.

Alcohol acts as a central nervous system depressant, is readily available, inexpensive and legal for adults. If supplied to minors, it is illegal. Because it is an "accepted" drug, it is easy to be caught off guard. Effects include:

- * Impaired judgement & thinking
- * Impaired motor and language skills
- * Impaired ability to sense and respond to danger

Marijuana

Though not often thought of as a drug used to target, working as a central nervous system depressant with many similar affects as alcohol, people under the influence can be made vulnerable. Those "working in the industry" may be exploited/trafficked and/or feel they can not seek help because of the "illegal" nature of their work.

Ecstasy

Ecstasy is sold as small pills, capsules, powder or liquid and is used recreationally. It is a toxic hallucinogenic and stimulant with psychedelic and other effects including:

- * Increased blood pressure, pulse, temperature
- * Chills, sweats, tremors, strokes, seizures
- * Hypothermia, heat stroke.
- * Nausea, blurred vision, loss of consciousness
- * Heart failure

Rohypnol

Sometimes known as roofies, roach, circles, rib or the "forget pill,"

Rohypnol is usually in the form of a small white tablet. It quickly dissolves in liquid, takes affect in 30 min., peaks in 2 hours and has effects for 8 hours or more. Effects include:

- * Increased blood pressure
- * Memory impairment
- * Muscle relaxation
- * Drowsiness
- * Visual disturbances
- * Dizziness
- * Confusion
- * Unconsciousness
- * Nausea, aspiration on own vomit

GHB is commonly sold as a

clear, odorless liquid or white crystalline powder. GHB takes effect in about 15 minutes and can last 3-4 hours. Effects include:

- * Intense drowsiness
- * Verbal incoherence
- * Headache
- * Unconsciousness
- * Nausea, aspiration
- * Coma, death

Ketamine

Also known as K, Special K, Vitamin K, Jet, Black hole, Purple, K-Hole;

Ketamine is a dissociative general anesthetic in a fast-acting liquid that can easily be slipped into drinks. Effects include

- * Dizziness
- * Confusion
- * Hallucinations
- * Disorientation
- * Agitation, depression,
- * Respiratory failure



If any substance is used against you, whether you used voluntarily or without your knowledge or consent, please remember:

CONSENT FOR SEX IS NOT PRESENT
UNLESS IT IS FREEWILL AND KNOWING - IF SOMEONE TOOK ADVANTAGE OF YOUR SITUATION IT IS NOT YOUR FAULT

VIOLENCE IS A CHOICE - NO ONE DESERVES TO BE HURT

YOU MAY NOT REMEMBER MUCH OF WHAT HAPPENED & YOU MAY FEEL CONFUSED

The NORTH COAST RAPE CRISIS TEAM is here to LISTEN, BELIEVE, OFFER OPTIONS & SUPPORT, ACCOMPANY YOU TO MEDICAL EXAMS RELATED TO THE ASSAULT and, IF YOU REPORT, to LAW ENFORCEMENT INTERVIEWS & COURT