

# Accessing Support

Working through trauma and healing can be a long journey. Healing is not linear; there are many ups and downs, and one person's healing path might look completely different from another person's path.

The important thing to remember is that there is support available to you. **The North Coast Rape Crisis Team offers free and confidential support to survivor's of any type of sexualized violence. Survivors are welcome to utilize our 24-hour hotline by calling (707) 445-2881.** Counselors from our team are always available to talk, even if the trauma happened a long time ago. We also provide free counseling sessions and a survivor support group. Feel free to call us on our hotline to set up an appointment.

You get to create your own journey through healing. Do what feels right for you at your own pace, and allow yourself to access support if you need it.

THINGS you can grow



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# Resources

## NORTH COAST RAPE CRISIS TEAM

Collect calls are accepted

**Humboldt 24-hr hotline:** (707) 445-2881

**TTY (M-F 8:30-5:00):** (707) 443-2738

Business Office: (707) 443-2737

**Del Norte 24-hr hotline:** (707) 465-2851

**TTY (M-F 8:30-5:00):** (707) 465-2031

Business Office: (707) 465-6961



## RAINN (Rape, Abuse, Incest National Network)

1 (800) 656-4673

Online live chat: [www.hotline.rainn.org/online](http://www.hotline.rainn.org/online)

## National Domestic Violence Hotline

1 (800) 799-7233

## Humboldt Domestic Violence Services

(707) 443-6042

## National Suicide Prevention Lifeline

1 (800) 273-8255

## Humboldt County Mental Health Hotline

(707) 445-7715

## Youth Service Bureau Hotline

(707) 444-2273

## Planned Parenthood

(707) 442-5700

## Two Feathers Native American Family Services

(707) 839-1933

Information in this brochure was taken from [rainn.org](http://rainn.org)

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# Surviving Sexual Assault



## North Coast Rape Crisis Team

*"Imagine a world without violence"*

24-hr Hotline: (707) 445-2881

TTY (M-F 8:30-5:00): (707) 443-2738

Business Line: (707) 443-2737

[www.ncrct.org](http://www.ncrct.org)

# Recognizing Stress

Stress is a normal and inevitable part of life, so normal that you might not consciously be aware of the emotional and physical effects from stress. Experiencing stress after a traumatic event like sexual assault is very common. It is common to feel sudden and intense physical, emotional, and/or behavioral changes. These changes can occur immediately after an assault, years later, or any time in between. Some of these changes could include:

- Body tension or stiffness
- Mood swings
- Depression
- Crying easily or often
- Anxiety/fear/apprehension
- Irritability/uncontrolled anger
- Changes in sleeping patterns
- Increased/decreased appetite
- Inability to concentrate
- Changes in menstrual cycle
- Diarrhea/constipation/cramps
- Rash/blotchiness
- Nausea/shakes/sweating
- Self-destructive behavior
- Substance dependency to cope

**Recognizing the signs of stress is the first step toward managing stress. Focusing on self-care during these times is helpful, and it can help manage the feelings of stress.**

# Self-Care

Self-care is about taking steps to feel healthy and comfortable. Physical self-care can help your body heal and stay healthy, and emotional self-care can help you get in tune with yourself and feel grounded. If you're having a hard time coming up with ideas, think back on a time when you were feeling healthy, balanced, and grounded. Ask yourself a few questions:

- Did you have a sleep pattern that made you feel more rested?
- Which meals made you feel nourished?
- Was writing down your thoughts helpful?
- Was there someone who you felt supported by?
- Did you go to a specific place to feel comfortable and grounded?

**Everyone has different ways of relieving stress and taking care of themselves, so there isn't a "right" or "wrong" way!**



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- Read a book
- Watch your favorite movie
- Look at art/photographs
- Allow yourself to daydream
- Use visualization techniques
- Think back on fond memories



- Listen to a podcast
- Listen to a favorite song
- Listen to a guided meditation
- Sit outside and enjoy the sounds



- Use aromatherapy oils
- Burn scented candles
- Enjoy the outdoor smells of the forest or ocean
- Brew fresh coffee or tea
- Prepare delicious smelling food



- Exercise
- Squeeze a stress ball
- Play with animals
- Get cozy
- Cook
- Play an instrument
- Get a massage
- Create art
- Write



- Sing
- Repeat affirmations
- Talk to someone who listens
- Chew gum
- Use deep breathing exercises
- Eat your favorite foods