

What Help is Available?

WE HAVE TRAINED CONFIDENTIAL
ADVOCATES STANDING BY TO
HELP YOU 24 HOURS A DAY!

1-800-833-1161

OUR ADVOCATES CAN PROVIDE:

- ◆ One on One Support
- ◆ Information and Referral
- ◆ Safety Planning
- ◆ Advocacy with Other Agencies
- ◆ Group Support
- ◆ Education and Information for Friends and Family

Support Groups

Our trauma-informed curriculum offers information survivors need to cope and heal from the assault. The group provides the opportunity for survivors to listen to and share the stories of survival while finding connection with others who have faced some of the same challenges as them.

education@dvs-or.org

We serve all persons without regard to race, color, national origin, ethnic background, religion, gender, sexual orientation, age, socio-economic status or physical or mental abilities.

Advocacy Center Locations

Pendleton

Administrative Office
1103 SE Court Place
Mon-Fri ~ 8am-5pm

Milton-Freewater

722 S Main St
(City Hall Basement)
Call for appointment

lone

365 W 3rd St
Call for appointment

541 - 276 - 3322

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Hermiston

1050 W Elm Ave, Suite 250
Mon-Fri ~ 8am-5pm

Boardman

200 City Center Circle
Call for appointment

541 - 567 - 0424

www.dvs-or.org



The Organization

Domestic Violence Services, Inc. (DVS)

is a non-profit agency that provides Emergency Services to victims of Domestic and Dating Violence, Sexual Assault, & Stalking and works toward ending this violence in the communities we serve. The service area is all of **Umatilla** and **Morrow** Counties.

HEALING FROM SEXUAL ASSAULT

Domestic Violence Services, Inc.

*Serving Umatilla & Morrow
Counties Since 1977*



Safety, Help, & Hope

**24 - HOUR CRISIS LINE
1 - 800 - 833 - 1161**

It's Not Your Fault!

Regardless of the circumstances leading up to the assault, **it is not your fault.**

Sexual assault is never a consequence of a victim's behaviors - it is the choice of the perpetrator.

Despite the substances that may have been used, the place you may have been walking, the relationship to the perpetrator, or the clothes that you may have been wearing, there is no excuse for the perpetrator's actions.

You are the only one allowed to make decisions about your body and you have the right to change your mind.

**The guilt does not belong to you.
Take steps to let it go.**

For More Information:

1-800-833-1161

education@dvs-or.org

Despite the assumptions others might make or the guilt you carry with yourself, always remind yourself that

IT'S NOT YOUR FAULT

Trauma and the Brain

Even though the assault is not your fault, why do you still feel guilty or ashamed? The answer is **TRAUMA**.

Trauma is the result of your brain trying to make sense of the insensible and keep your body from danger. It can make you freeze when you want to run or run when you want to fight.

It is important to know that these are reactions beyond your control - it is the brain doing what the brain does.

Regardless of the trauma reaction, the perpetrator is *still* the cause of the assault.

Lasting Effects of Trauma

Trauma can have some lasting effects. This is where flashbacks and extreme emotions come from.

It is common to feel:

- ◆ Fear
- ◆ Numb
- ◆ Lonely
- ◆ Guilt
- ◆ Angry
- ◆ Confused
- ◆ Sad
- ◆ Shame

You do not need to be ashamed for feeling these or any other emotions.

This is normal and it is okay.

Healing can begin when we can accept all of our feelings.

Begin the Healing

Healing takes time and may not be exactly what you expected. There are some ways you can nurture your healing and support yourself.

Physical Movement

Exercise helps keep your body and mind active while allowing your brain to pump the naturally positive chemicals in your brain. It can be a small walk or running a marathon. Find what works best for you.

Emotional Processing

Find creative outlets for your emotions and cope with the emotions as they arise; don't let them bottle up.

Some find these activities helpful:

- ◆ Journaling
- ◆ Poetry
- ◆ Meditation
- ◆ Breathing exercises
- ◆ Yoga
- ◆ Drawing/Painting

Connection

Find positive connection with others that are supportive. People that understand the dynamics of sexual assault or maybe know how it feels can help you move forward in your healing process.

Friends and family that support you and believe you can be especially helpful. Find someone you trust and continue to connect with them.

Professionals trained in sexual assault response can provide a trained and nonjudgmental perspective to healing. They can also provide a variety of services to help you move out of trauma and into self-empowerment.