



Support

Everyone needs help sometimes. If you are a survivor of any form of sexual assault, support groups can give you the help you need to work through healing.

Support Groups give you a chance to:

- Share & relate to experiences with others from similar backgrounds.
- Heal and work on improving your quality of life.
- Learn about community resources that are available to you and your family.

All groups are facilitated by YWCA staff and there is no cost to participate in any of our support groups.

How You Can Help

The Rape Crisis Center relies on dedicated volunteers as Victim Advocates. These volunteers answer our 24-hour hotline, from home, and support survivors at local hospitals and during legal proceedings.

Contact us if you would like to become a Victim Advocate Volunteer!

YWCA Rape Crisis Center Services
YWCA of Northwest Ohio Office
419-241-3235
Volunteer@ywcanwo.org


Our Mission:

The YWCA is dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom, and dignity for all.





eliminating racism
empowering women
ywca
Northwest Ohio

24/7 Confidential Crisis Hotline
866-557-7273

 **419-241-3265**

 **ywcanwo.org**

 Fax: 419-720-9560

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YWCA Rape Crisis Center

Support for Survivors of
Sexual Assault and their Families

Whether you need information or emotional support; we are ready to offer our resources. We offer a confidential 24/7 hotline as well as advocate support in the hospital and in the courtroom.

We Stand With You

Crisis Hotline: 866-557-7273

ywcanwo.org

Every Survivor Experiences Trauma Differently.

Survivors of sexual assault commonly experience: initial shock, emotional numbness, extreme mood swings, disorientation, withdrawal, denial, anger, depression, eating and sleep disorders, guilt and self-blame, a lack of trust, and extreme concern for personal safety.

Each individual may react differently. However, a Survivor's reaction to rape may occur in four phases:

Phase 1: Shock, disbelief, incoherence, helplessness, and fear. Sometimes the survivor appears stable, but may break down at unexpected reminders of the assault.

Phase 2: Withdrawal, indifference, or denial. The survivor may appear to act as if the assault never occurred.

Phase 3: Depression, bitterness, and the return of feelings experienced in Phase 1. Some experience suicidal thoughts and feelings and may misuse drugs or alcohol.

Phase 4: Return to normalcy. The survivor regains a sense of self worth and begins to feel in control of their life again.

Recovery involves time, growth, and courage.

YWCA Sexual Assault Services for Survivors

Offering services at no cost to you

24/7 Rape Crisis Hotline staffed by a specially trained crisis team of Advocates offering confidential support

Advocacy and Support in Hospital Emergency Rooms

Crisis support for survivors and their families

Assistance applying for victim's compensation

Advocacy and support during legal proceedings

Information and referrals to other support services & resources

Facts on Sexual Assault:

- 1 in 3 women & 1 in 6 men will be sexually assaulted in their lifetime.
- Sexual assault occurs once every 2 minutes.
- 73% are committed by someone known to the victim.
- Only reported 40% of the time.
- 44% of sexual assault victims are under 18.
- Rape victims are 3 times more likely to suffer depression, 13 times more likely to abuse alcohol, & 26 times more likely to abuse drugs.
- Alcohol is the most common "date rape" drug.

Crisis Hotline: 866-557-7273

Healing & Recovery

Recovery does not mean that you forget what happened. Recovery is understanding and believing the victimization was not your fault. No matter the circumstances, it is the perpetrator who is responsible for the crime, not the victim. Sexual Assault it is used to gain a sense of power and control.

There is no normal time line for recovery. Everyone is different and should move through the recovery process at their own pace, without pressure or judgment.



What is sexual assault?

- **Any Unwanted Sexual Contact.**

If someone has sexually touched another person without their consent or coerced or forced a person to engage in a sexual act against their will; it is sexual assault.

SA can include kissing, touching over clothes, childhood sexual abuse, rape, attempted rape, incest, exhibitionism, voyeurism, obscene phone calls, fondling, groping, threats, and sexual harassment.