

We provide...

- ◆ Free counselling service;
- ◆ Confidential counselling for victims and their families;
- ◆ Education about sexual assault and the impact it has on an individual;
- ◆ Resource library;
- ◆ Community and school presentations;
- ◆ Supportive counselling services for residential school survivors;
- ◆ A culturally-supportive environment

Sexual Assault Counselling

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Sexual Assault Counselling



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When someone close to you has been sexually assaulted:

Believe the survivor;

Offer your support, encouragement and respect;

Emphasize to them their strength in surviving the assault;

Listen to their feelings and allow them to express themselves;

Emphasize that she/he is not to blame;

Educate yourself about the effects of sexual assault;

Be aware of your own needs and limits;

Take time out for your own nurturing;

Encourage them to seek counselling.

Common feelings and effects survivors may experience include...

- Shock, disbelief, numbness;
- Confusion, helplessness;
- Flashbacks;
- Fear, terror, feeling unsafe;
- Anxiety, depression, sadness;
- Feelings of worthlessness or feeling "damaged or dirty";
- Problems with sex and intimacy;
- Denial, anger, and mood swings;
- Self-blame, guilt;
- Nightmares, headaches, nausea;
- Increased substance use.

Counselling helps you:

- ✓ To overcome emotional flashbacks and nightmares;
- ✓ To recognize your triggers;
- ✓ To understand the impact it has on your current relationships;
- ✓ To communicate with family members and significant persons.

It helps your family, friends, and supports understand the impact of sexual assault and the healing process.

"The purpose of the life of every butterfly is to set everything that was once known aside and to embrace an entire new way of being."

- Presley Love



Society for the Involvement of

Good

Neighbours SEXUAL ASSAULT COUNSELLING