

SafePlace offers these free and confidential services to people who have experienced all forms of sexual assault and abuse:

- A safe place to stay
- Tuesday and Wednesday drop in center 10 am-12pm and 1pm-3pm to connect you with resources that can help, someone to help you plan for your safety and process your feelings
- 24-hour/7 days a week help line to connect you with resources that can help, someone to help you plan for your safety and process your feelings
- Someone to go with you to court if you need a Protection Order or help you make a police report
- Someone to connect you with an attorney for free legal advice
- Someone to go with you to the hospital if you have been sexually assaulted
- A safe space to process your feelings and connect with others who have had similar experiences
- Free cell phones to call 911
- Gift cards for food and other necessities*
- Help to pay rent *
- We have people who speak Cambodian and Spanish. We provide interpreters for other languages and ASL

Call 360.754.6300 (voice)

360.943.6703 (TTY)

**Not all financial resources are available at all times. **

SAFEPLACE MISSION

We strive to stop sexual and domestic violence and advocate for personal and societal change through crisis intervention and education.

SafePlace provides services for survivors of sexual assault regardless of age, ethnicity, nationality, race, gender, sexuality, class, religion, veteran status, the presence of a physical, sensory or mental disability, marital status or pregnancy status.

24 hour Crisis Line:
360 754-6300
TTY 360 943-6703

Business Office:
314 Legion Way SE
Olympia, WA 98501
Phone: 360 786-8754
Business TTY: 360 753-8700
Website: www.safeplaceolympia.org
Email: safeplace@safeplaceolympia.org

SafePlace 
freedom from violence



Take time for healing



Find support



Your feelings are normal

Healing From Sexual Assault

Information about Sexual Assault and SafePlace

What is sexual assault?

Sexual assault is any sexual act forced upon an individual against their will. Sexual assault is one of the most underreported crimes in this country. Estimates are that one in four women and one in seven men will experience some form of sexual assault in their lifetime.

Why did this happen to me?

No one deserves or asks to be raped or assaulted. It is normal to ask yourself if you could have avoided the assault. No matter how it happened, it is not your fault. Blame for the assault belongs only to the person(s) who assaulted you.

What are some effects?

There are many ways sexual assault can affect you. Some examples of what you might feel include:

- Denial
- Flashbacks of the event
- Being easily startled
- Having memory gaps of the assault
- Unable to make decisions
- Crying suddenly
- Feeling out of control, helpless, crazy, overwhelmed
- Experiencing physical reactions like sweating and tremors, allergies, headaches, upset stomach
- Having trouble breathing, working or sleeping (including nightmares)
- Difficulty with intimacy/closeness of all types
- Anger, resentment, and feelings of distrust, shame

“In the beginning, I was in shock.”

All of these experiences are normal reactions to sexual assault. Some may be short term reactions, and others may stay with you for some time.

“Later, I was confused, afraid and angry.”

What can I do about it?

Washington State has sexual assault protection orders which can provide survivors protection from their assailant, such as requiring the offender to stay away from you, places you work and/or places you frequent. A SafePlace advocate can offer you more information about this order. Call 754-6300.

If you were assaulted in the last 96 hours (4 days), you can contact St. Peter Hospital Sexual Assault Clinic or you can go to St. Peter Hospital emergency room to have a sexual assault exam. This exam collects forensic evidence from the assault should you choose to file charges. **Having this exam does not mean you must file charges.** There is no fee and no medical insurance required for the exam. SafePlace has advocates available to support you during this exam. Call 360 754-6300 or go to St. Peter Hospital emergency room to receive the service.



You may also consider contacting other community agencies that can offer services such as confidential HIV testing and emergency contraception. SafePlace can offer referral information to other agencies. Call 360 754-6300 for more information.

What else should I know?

It is important to take care of yourself and focus on healing. A few examples of ways you can do this include:

- Exercise - take walks
- Talk to friends, family, a counselor or an advocate
- Keep a journal, be aware of your thoughts and emotions
- Structure your time, make daily decisions which give you some feeling of control
- Give yourself permission to feel rotten. Some days will be better than others, and what you are feeling is normal

“I knew it wasn't my fault, but I felt like it was.”

Frequent use of alcohol/drugs can complicate the situation. If you are finding it hard to cope with what happened to you, don't be afraid to seek help.

5 things you can say to support a survivor of sexual assault...

1. *It's not your fault.*
2. *I am worried for your physical and emotional safety.*
3. *You can get medical attention without having to report to the police.*
4. *There are confidential places to call for help and support.*
5. *You can determine what kind of help you need and when.*