

# WHAT WE DO

## 24 Hour Helpline

1-800-273-8712

We are available 24 hours a day, 7 days a week, 365 days a year to provide you with support and access to services.

## Hospital and Court Accompaniment

If you'd like, WRAP specialists can go with you to the hospital, and to court, to help you understand the legal process and your rights.

## Counseling and Therapy Services

Crisis, education, and therapeutic services are provided free of charge. Clinical counseling services can also be provided to support healing.

## Legal Counsel Referral

You may be eligible for legal assistance as well as compensation, related to your rights as a survivor.

**This brochure was designed to help you with difficult questions following sexual assault. It describes what sexual assault is, what options you may have, and what assistance is available.**

# WHERE WE ARE

## Central Office

62 Directors Row. Jackson, Tn, 38305

## Counties we serve

Benton, Carroll, Chester, Crockett, Decatur, Dyer, Gibson, Hardeman, Hardin, Haywood, Henderson, Henry, Lake, Lauderdale, Madison, McNairy, Obion, Tipton, Weakly

## 24 /7 Helpline

1-800-273-8712



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SURVIVOR SUPPORT  
SERVICES

HELP LINE:  
1-800-273-8712

## WAS I ASSAULTED?

This is the most common question a victim asks after a forced sexual act. If you didn't consent, your experience was an assault. Consent is ONLY possible if you are completely coherent (not drunk, high, ill, blacked out), you have reached the age of consent, and you have the capacity to consent mentally and physically.

## WHAT IS SEXUAL ASSAULT?

**Caution** - the following description is graphic and may be triggering.

Sexual assault is an umbrella term that includes unwanted physical acts of a sexual nature that take place without a person's consent. Sexual assault includes touching, penetration by an object, and sexual intercourse

**Rape** is a specific form of sexual assault that includes an act of intercourse (vaginal, anal, or oral penetration), accomplished with a person who does not consent or is incapable of consenting.

## WHAT NOW?

- Find a safe place. Call 911 for police assistance, OR if you are unsure about reporting to the police, call WRAP at **1.800.273.8712**
- Don't change your clothes, shower/bathe, comb your hair, or eat/drink anything if possible. This is important for evidence collection.
- Seek medical attention preferably at the emergency room, or with a medical provider.
  - It is important to have a physical examination to assess injuries, and get preventative treatment for possible sexually transmitted infections and pregnancy if applicable.
  - Also, evidence can be collected from you by hospital/medical persons in total privacy and stored while you decide if you want to report to police.
- If you report to police, they will investigate and collect evidence from the crime scene. You will be contacted by a detective for follow-up investigation.
- Call WRAP at 1-800-273-8712 if you need support as you move through the healing process.

## WHAT YOU MAY EXPERIENCE

An assault of any kind can cause traumatic responses. Sexual assault is the most intrusive type of assault, so the impact is often greater than that of other types of assaults. Reactions can vary based on the individual and the circumstances.

### COMMON RESPONSES

**Guilt/Shame/Embarrassment**

**Self-Blame**

**Depression/Anxiety/Mood Swings**

**Trouble Sleeping**

**Flashbacks/Nightmares**

**Intrusive Thoughts**

**Increased Fear**

**Easily Startled**

**Anger**

**Denial**

**Feeling Disconnected**

**Feeling Helpless**

**Sense of Loss/Isolation**

**Loss of Self-Esteem**

**All of these responses can be helped with counseling, therapy, and the support of others.**

**Whatever happened, it wasn't your fault. No one has the right to touch you or have sex with you against your will. The blame lies solely on the perpetrator.**