

WHAT TO DO IN A CRISIS?

If you have experienced a sexual assault you may be feeling physical pain, emotional pain or be numb and be in shock. Immediate help is available so you don't have to go through this alone. Here's what you can do next:

- Get to a safe place

- Phone the police if you are in immediate danger
- Call someone you trust to be with you

- Get Medical help

- Your physical and emotional help are extremely important
- You may external or internal injuries that need medical attention
- There may also be risk of pregnancy or STIs
- Call your local sexual assault centre to get help on where to go in your area. If your area does not have a sexual assault centre go to a hospital emergency department, your doctors office or a walk in clinic as soon as possible