

**A SEXUAL ASSAULT IS
NEVER YOUR FAULT.**

**WE ARE HERE FOR YOU
24/7.**



CONTACT US



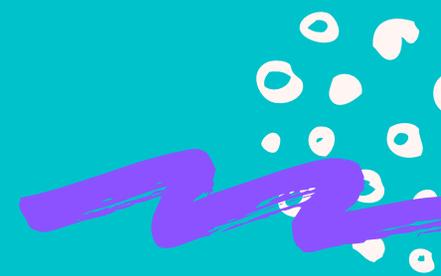
24/7 Crisis Hotline
(301) 645-3336



2670 Crain Highway, Suite 303
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www.centerforabusedpersons.org
charlescounty.org



SEXUAL ASSAULT



SERVING CHARLES COUNTY SINCE
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CENTER FOR ABUSED PERSONS

WHAT IS SEXUAL ASSAULT?

Sexual assault is any unwanted or forced sexual act and includes:

- Rape and attempted rape
- Unwanted touching or groping
 - Sexual harassment
 - Unwanted showing of private parts
 - Sexual exploitation
 - Child sexual abuse
 - Incest
- Sexually obscene communications (in person, by phone, texting, email or social networking)

ONE IN SIX WOMEN WILL BE SEXUALLY ASSAULTED IN THEIR LIFETIME.

MANY DO NOT REPORT THEIR ASSAULT BECAUSE THEY ARE THREATENED BY THEIR OFFENDER OR THEY FEEL THAT IT WAS SOMEHOW THEIR FAULT.

YOU DID NOT DESERVE TO BE SEXUALLY ASSAULTED, BUT YOU DO DESERVE HELP AND SUPPORT.

WHAT TO EXPECT:

There is no single way to react after a sexual assault. However, you may experience:

- Nervousness/anxiety
- Fear/social isolation
- An increase or decrease in appetite
- Sleeplessness or nightmares
- Depression and withdrawal
- Drug and alcohol abuse
- Relationship problems
- Flashbacks
- Physical ailments, headaches, stomachaches, or other pain.
- Thoughts of suicide

HOW TO BEST TAKE CARE OF YOURSELF

When you are ready, trained counselors at CAP are here for you. Many survivors find that counseling helps them to move forward and to heal. In addition to counseling; you can:

- Talk with a supportive family member/friend/spiritual advisor
- Keep a written journal
- Express yourself through art, music, or dance
- Exercise, get plenty of sleep, eat healthy
- Join a local support group
- Pray or meditate
- Realize that you are not alone or to blame
- Be kind to yourself
- Set a path and goals for healing, and reward your progress

OPTIONS TO CONSIDER:

SEEK SUPPORT

You may be feeling confused, and not know what to do. Seeking out a friend or other trusted person may help you better understand your options. If you don't feel comfortable contacting someone you know, you can always call CAP's Hotline to speak with a Hotline Counselor. Calling us is free, and we are available 24/7. **(301) 645-3336**

GET MEDICAL ATTENTION

Whether you have visible cuts and bruises or not, getting medical attention is very important. Maryland offers Sexual Assault Forensic Exams (SAFE) programs at various hospitals. In Charles County, University of Maryland Charles Regional Hospital in La Plata is available for an exam. A free exam can be completed even if you choose not to involve the police. Try not to shower, clean yourself, or urinate after an attack, but even if you have, don't let that stop you from getting to a hospital as soon as possible.

At the hospital, an advocate from CAP will be there to support you and answer any questions you may have. Additionally, your advocate or other support person can help you through the process of filing paperwork if you choose to report the assault to the police. Remember, whether you report or not is your decision, although for investigative purposes, the sooner you report, the better.

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