

FAQs

Is there any help for male survivors?

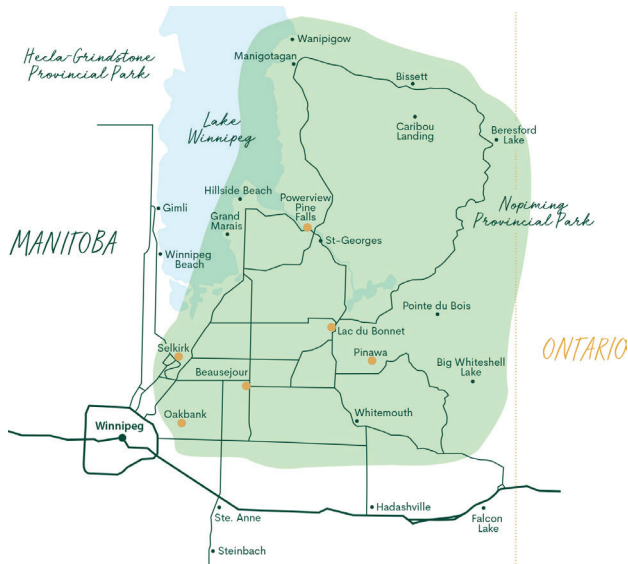
Yes! Don't let our name fool you – Sexual Assault Recovery and Healing workers are prepared to provide support to anyone who experiences sexualized violence, no matter who you are or where you're from.

Do sexual assaults have to be reported to police?

No, you don't have to report. Any assault against a minor has to be reported to CFS, but all adults get to decide if and when they report to police. SARAH workers can help you explore if any reporting options are right for you.

I don't know if it really counts as "sexual assault."

If something sexual happened and you don't feel good about it, it is okay to ask for some support. We can talk about your experience and your options. We are here for you.



who can i call?

Survivor's Hope Crisis Centre
1-204-753-5353 (M - Th: 9AM-4PM)

24/7 Sexual Assault Crisis Line at Klinik
1-888-292-7565

IERHA Mental Health Crisis Line
1-866-427-8628

EMERGENCIES 9-1-1

where can i go?

SARAH workers provide direct support at the following locations:

HOSPITALS

- Beausejour District Hospital
- Pinawa Hospital
- Pine Falls Health Complex
- Selkirk Hospital

RCMP

- Beausejour
- Lac du Bonnet
- Oakbank
- Powerview
- Selkirk

If you are interested in becoming a volunteer SARAH worker, please contact:

Survivor's Hope Crisis Centre
Box 925, 24 Aberdeen Ave, Pinawa, MB R0E 1L0
P: 1-204-753-5353
E: director@survivors-hope.ca



SARAH PROGRAM

Sexual Assault
Recovery and Healing

*for survivors and those
who love them*

SURVIVORS-HOPE.CA



**SURVIVOR'S
HOPE
CRISIS
CENTRE**

What is Sexual Assault?

Any unwanted sexual experience is a form of sexual violence. According to Canadian law, sexual assault is any unwanted sexual contact. When consent is not present, violence has occurred.

CONSENT MUST BE:

- + Freely given and genuine or authentic
- + Clearly communicated
- + Not intoxicated, drunk, or high

CONSENT DOES NOT INCLUDE:

- + Manipulation or pressure or coercion
- + Threats of any kind
- + Implied from previous encounters
- + Silence

COMMON REACTIONS AFTER SEXUAL ASSAULT

Every survivor feels the impact of sexual assault in their own way but some common reactions may be:

EMOTIONAL RESPONSES

- Sadness
- Anger
- Depression
- Shock
- Fear
- Shame/self-blame
- Worthlessness
- Isolation
- Numbness
- Feeling on edge

PHYSICAL RESPONSES

- Headache
- Nausea
- Insomnia
- Tiredness
- Appetite change
- Nightmares
- Shakiness
- Aches
- Chills

what kind of help is available?



Addressing your medical needs is your choice, but always recommended and can include:

- Assessment of internal and external injuries.
- Tests for sexually transmitted and blood-bourne infections (STBBIs).
- A pregnancy test.
- Emergency contraception (Plan B) to prevent pregnancy from the assault.
- Collecting evidence of sexual assault

If you have any medical concerns, even if the assault happened a while ago, you can seek medical attention.



Involving law enforcement is optional and if you involve law enforcement, services can include:

1. **Full participation** - Make a statement, submit evidence, and agree to an investigation
2. **Forensic and Hold** - Submit time-sensitive evidence as soon as possible but choose to make a statement at a later time
3. **Third Party Report (TPR)** - anonymous report that does not lead to an investigation.



Emotional Support and Mental Health

- **SARAH Program** workers provide 24/7 in-person support in certain communities.
- **Klinik Sexual Assault Crisis Line** provides 24/7 phone support.

check out our website for more services.

SURVIVORS-HOPE.CA/RESOURCES

HOW CAN I OFFER SUPPORT TO SOMEONE?

1. Listen without judgment
2. Believe without questioning

Talking about sexual assault means you are talking about a traumatic experience. Let survivors set the pace and the tone, and don't jump in with solutions before people are ready.

3. Encourage survivors to care for themselves in healthy ways
4. Offer to help connecting them to supportive resources

HOW CAN I ACCESS SUPPORT FROM SARAH WORKERS?

SARAH workers are available 24/7 through hospital emergency rooms and RCMP.

Only the first responders at hospitals and RCMP have the 24/7 contact info. They can page the SARAH program 24/7 to provide direct support on site.

For non-emergency support, anyone can call the Survivor's Hope office and leave a message for SARAH support to call you back.

Support is available to survivors and the friends and family members that are supporting survivors.



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