

YOU ARE NOT ALONE.

YOU HAVE RIGHTS.

YOU HAVE CHOICES.

WEAVE IS HERE TO PROVIDE SUPPORT AND RESOURCES.



24/7 Support & Information Line 916-920-2952

weaveinc.org

HERE'S WHAT TO EXPECT.

CARING PROFESSIONALS ARE AVAILABLE TO SUPPORT YOU.

The Sacramento County Sexual Assault Response Team (SART) is made up of law enforcement, medical staff, and WEAVE.

WEAVE

An advocate is available to provide emotional support, advocacy, information, and resources during and after your evidentiary exam. The advocate can also accompany you during the exam and interviews with law enforcement. Ask your advocate about your rights and options.

WEAVE has additional services available to you for ongoing support and follow-up.

Medical

The evidentiary exam is done by a Sexual Assault Forensic Examiner who is trained specifically to collect any possible DNA evidence, document and treat injuries, and provide medication for the prevention of pregnancy and sexually transmitted infections.

A WEAVE advocate and/or other support people can be there with you if you choose.

Law Enforcement

Law enforcement responds when a sexual assault is reported and is responsible for authorizing the evidentiary exam. If a report is not made to law enforcement, you can still choose to have an evidentiary exam called a VAWA.

You have the right to have a support person, such as the WEAVE advocate, present for any interviews with law enforcement.



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WE'RE HERE FOR YOU.

SUPPORT FOR TODAY, TOMORROW, OR WHENEVER YOU NEED IT.



Free short-term counseling is available to all survivors of sexual assault, regardless of when it happened. Options include individual and group counseling.

To begin counseling services, call the 24/7 Support & Information Line for an intake.

916-920-2952



A WEAVE advocate can accompany you to court hearings.

Our legal team is also available for support. Contact the Legal Line for more information regarding services.

916-319-4944

Please let us know what is the best and safest way to reach you.



Our 24/7 Support & Information Line and live chat is available to provide judgment-free emotional support, safety planning, options, and resources. Advocates are available to listen, answer questions, and provide referrals.

Our SART Advocates are also available 24/7 to respond and provide support during an evidentiary exam.



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HEALING IS A JOURNEY.

THERE'S NO RIGHT OR WRONG WAY TO HEAL FROM TRAUMA.

Trauma Response

People respond to traumatic experiences in a number of different ways. You may experience feelings of anger, shock, disbelief, numbness, depression, anxiety, shame, guilt, or self-blame. However you are feeling or have felt is normal and okay. You are not alone in feeling these things. Whatever you did to survive the situation was the right thing to do. This was not your fault.

Healing takes time.
Be patient and gentle
with yourself.

Self-Care

It is not uncommon to feel disconnected from your body and emotions during this time. It is important to practice self-care, which can help with reconnecting to yourself and your body when you are ready and feel safe.

Examples of self-care and coping skills include keeping a journal, exercising, expressing creativity through art or movement, listening to music, and being around supportive people.

Asking for Help

It's ok to ask for help. It can be scary to feel vulnerable, which is valid. You may have fears about sharing your experience with others. It is up to you when, how, and with whom you share your feelings and experience.

Some ways you can ask for help include calling our 24/7 support line, seeking counseling, talking to a supportive friend or family member, and talking with other survivors.

Help is available.



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SUPPORTING SURVIVORS

HOW TO HELP SOMEONE WHO HAS EXPERIENCED SEXUAL ASSAULT.

Survivors may respond and cope in a number of different ways after experiencing a sexual assault. All responses are normal and are part of the healing process. Be patient, ask what they need, and honor their responses.

You don't need to know the right thing to say. Being a supportive, compassionate presence can make all the difference. Here are some examples of simple phrases that can also go a long way:

***You are not alone.
I believe you.
It wasn't your fault.
Let me know how I can support you.***

Survivors may benefit from counseling, but not everyone is ready right away. It is best to offer options and respect the survivor as the expert of their experience. WEAVE offers free counseling and support whenever someone is ready.

*You are also not alone.
Support and free counseling is available for partners and family of survivors.*



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