

## *How We Can Help*

- ♦ *A 24 hour hotline for survivors (845) 628-2166.*
- ♦ *Individual and group counseling for survivors and their significant others.*
- ♦ *Rape survivor support groups.*
- ♦ *Incest survivor support groups.*
- ♦ *SANE Program... specially trained nurses and medical personnel to provide compassionate medical examinations and advocates to provide support.*
- ♦ *Court and police advocacy, if you choose to press charges.*

*Help  
Is  
Here  
You  
Are  
Not  
Alone*



*Call our  
24-Hour Hotline  
(845) 628-2166*

*Help for  
Rape  
&  
Sexual  
Assault*

*935 South Lake Blvd. Suite #2  
Mahopac, NY 10541*



*935 South Lake Blvd. Suite #2  
Mahopac, NY 10541*

*(845) 628-9284*

*Website: [www.pnwwrc.org](http://www.pnwwrc.org)  
[info@pnwwrc.org](mailto:info@pnwwrc.org)*

*24-Hour Hotline  
(845) 628-2166*

### *What to do if you are Sexually Assaulted or Raped*

- ♦ *If in danger call for help. Call 911 or the local police.*
- ♦ *If you have not already done so...do not shower, bathe, douche, brush your teeth, eat, drink, go to the bathroom or change your clothes. Even if you have, you can still receive medical treatment.*
- ♦ *Call the 24 hour hotline at the Women's Resource Center at (845) 628-2166.*
- ♦ *Get medical attention. If you go to the hospital ask for a SANE nurse and advocate.*
- ♦ *Get counseling.*

### *For the Victim:*

- ♦ *You are NOT to blame.*
- ♦ *You have lived, you are a survivor.*
- ♦ *Be patient with yourself, healing takes time.*
- ♦ *You are not alone, help is available.*

### *For Friends & Family:*

- ♦ *Listen... be there... be supportive... don't be judgmental.*
- ♦ *Healing takes time so be patient with your loved one.*
- ♦ *If you need help or need to talk to someone don't hesitate to call the Women's Resource Center.*

### *Rape & Sexual Assault Facts:*

- ♦ *1 out of every 3 women will be sexually assaulted in her lifetime.*
- ♦ *1 out of 4 girls and 1 out of 6 boys are sexually abused before the age of 18.*
- ♦ *Violence is the leading cause of injury to women age 15-44.*
- ♦ *No one ever asks to be raped or sexually assaulted.*
- ♦ *Everyone heals at their own pace.*
- ♦ *78% of women know their attacker.*