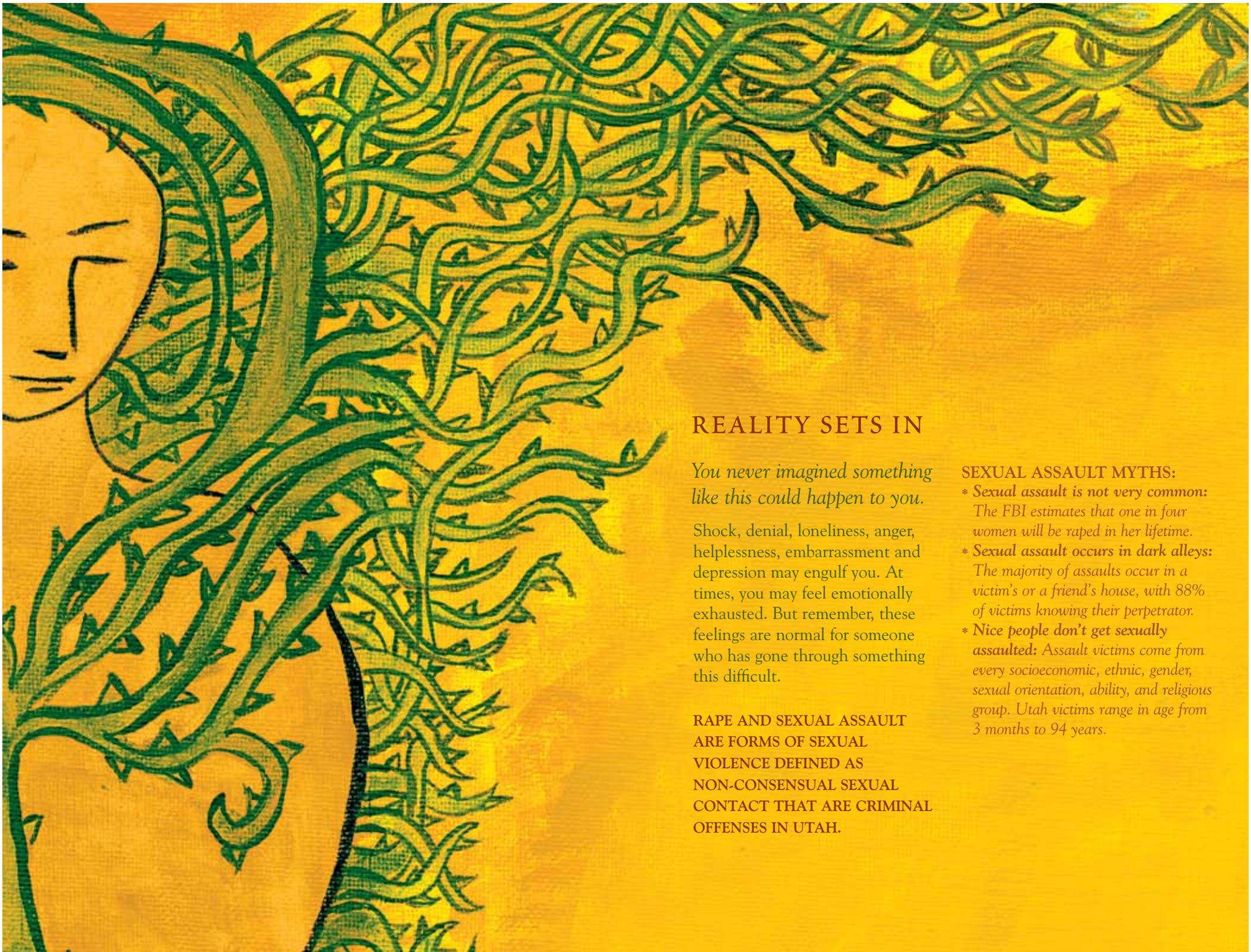




RAPE RECOVERY  
center



## REALITY SETS IN

*You never imagined something like this could happen to you.*

Shock, denial, loneliness, anger, helplessness, embarrassment and depression may engulf you. At times, you may feel emotionally exhausted. But remember, these feelings are normal for someone who has gone through something this difficult.

**RAPE AND SEXUAL ASSAULT ARE FORMS OF SEXUAL VIOLENCE DEFINED AS NON-CONSENSUAL SEXUAL CONTACT THAT ARE CRIMINAL OFFENSES IN UTAH.**

### SEXUAL ASSAULT MYTHS:

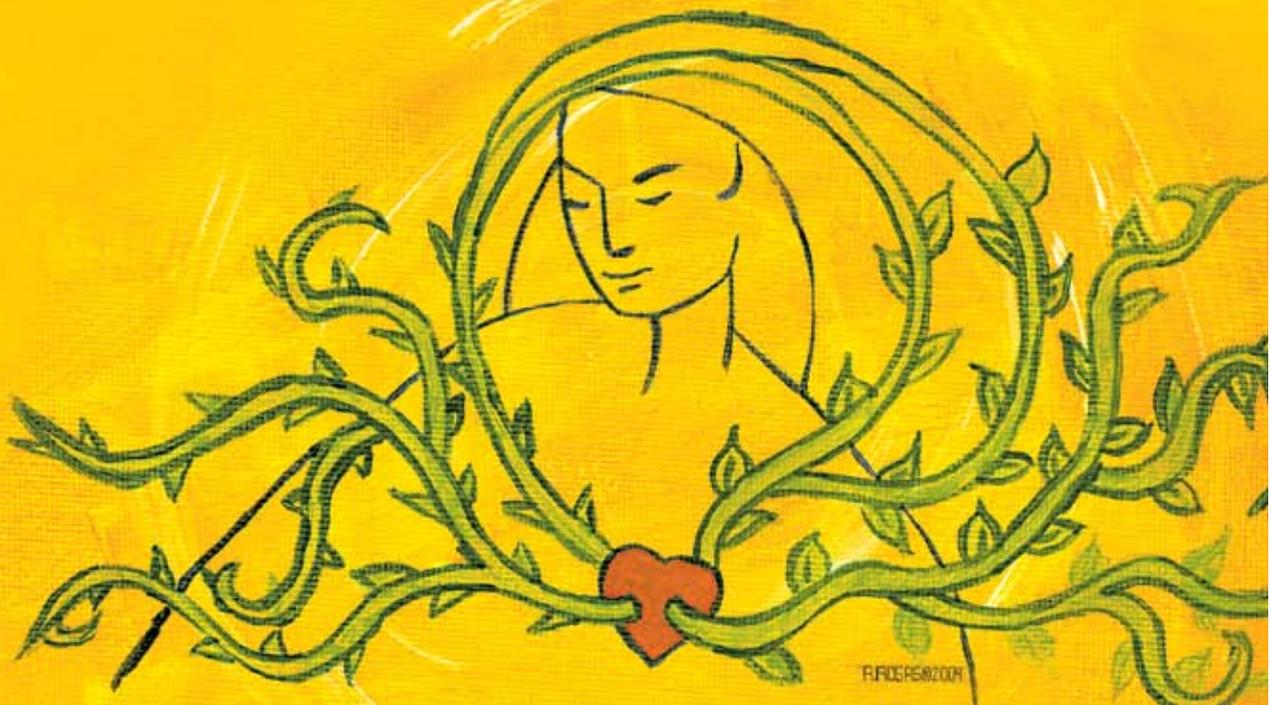
- \* **Sexual assault is not very common:** The FBI estimates that one in four women will be raped in her lifetime.
- \* **Sexual assault occurs in dark alleys:** The majority of assaults occur in a victim's or a friend's house, with 88% of victims knowing their perpetrator.
- \* **Nice people don't get sexually assaulted:** Assault victims come from every socioeconomic, ethnic, gender, sexual orientation, ability, and religious group. Utah victims range in age from 3 months to 94 years.

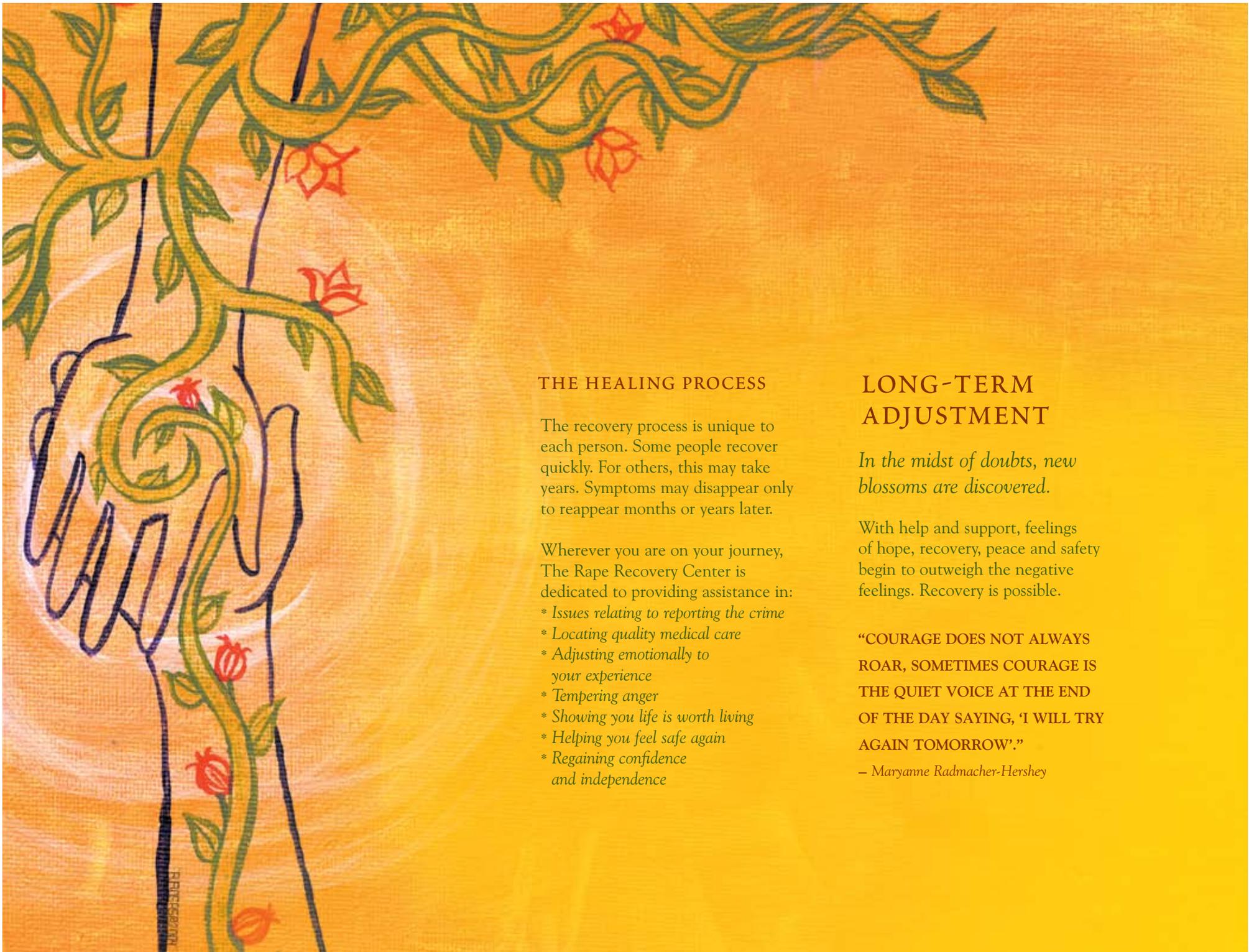
*Fluctuating emotions are the norm. It is important to talk about your feelings. At times this is difficult to do, but getting your emotions out is an important part of the healing process.*

Talk to someone – a friend, relative or professional at the Rape Recovery Center. Our services are confidential and free. The Rape Recovery Center is dedicated to advocating for victims and serving our diverse community. We can help guide you through the healing process and criminal justice system. Help is available anytime day or night.

You do not have to go through this alone. Remember, you are not responsible for what happened.

**RAPE IS NEVER THE  
VICTIM'S FAULT**





## THE HEALING PROCESS

The recovery process is unique to each person. Some people recover quickly. For others, this may take years. Symptoms may disappear only to reappear months or years later.

Wherever you are on your journey, The Rape Recovery Center is dedicated to providing assistance in:

- \* *Issues relating to reporting the crime*
- \* *Locating quality medical care*
- \* *Adjusting emotionally to your experience*
- \* *Tempering anger*
- \* *Showing you life is worth living*
- \* *Helping you feel safe again*
- \* *Regaining confidence and independence*

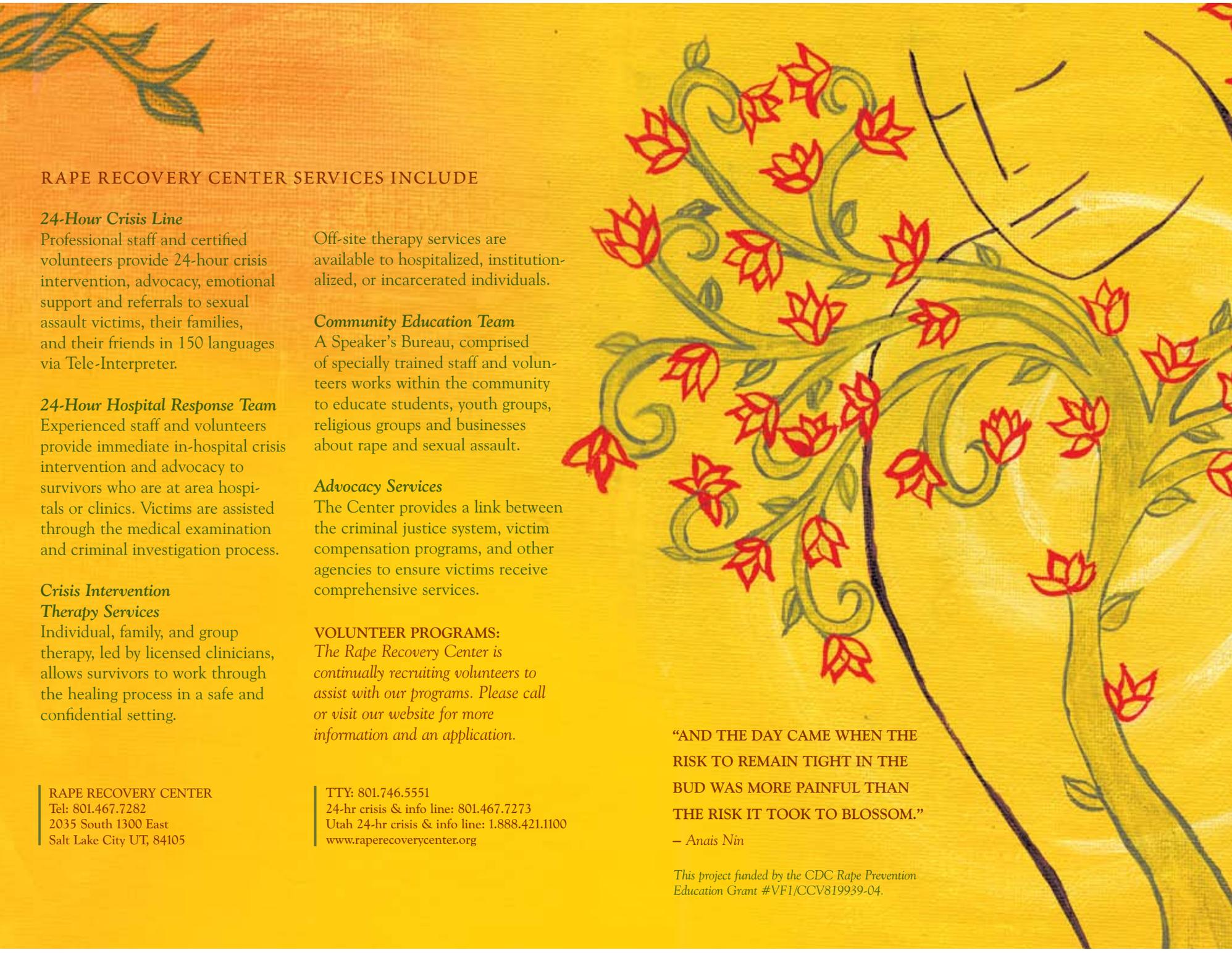
## LONG-TERM ADJUSTMENT

*In the midst of doubts, new blossoms are discovered.*

With help and support, feelings of hope, recovery, peace and safety begin to outweigh the negative feelings. Recovery is possible.

**“COURAGE DOES NOT ALWAYS ROAR, SOMETIMES COURAGE IS THE QUIET VOICE AT THE END OF THE DAY SAYING, ‘I WILL TRY AGAIN TOMORROW.’”**

– Maryanne Radmacher-Hershey



## RAPE RECOVERY CENTER SERVICES INCLUDE

### ***24-Hour Crisis Line***

Professional staff and certified volunteers provide 24-hour crisis intervention, advocacy, emotional support and referrals to sexual assault victims, their families, and their friends in 150 languages via Tele-Interpreter.

### ***24-Hour Hospital Response Team***

Experienced staff and volunteers provide immediate in-hospital crisis intervention and advocacy to survivors who are at area hospitals or clinics. Victims are assisted through the medical examination and criminal investigation process.

### ***Crisis Intervention Therapy Services***

Individual, family, and group therapy, led by licensed clinicians, allows survivors to work through the healing process in a safe and confidential setting.

Off-site therapy services are available to hospitalized, institutionalized, or incarcerated individuals.

### ***Community Education Team***

A Speaker's Bureau, comprised of specially trained staff and volunteers works within the community to educate students, youth groups, religious groups and businesses about rape and sexual assault.

### ***Advocacy Services***

The Center provides a link between the criminal justice system, victim compensation programs, and other agencies to ensure victims receive comprehensive services.

### **VOLUNTEER PROGRAMS:**

*The Rape Recovery Center is continually recruiting volunteers to assist with our programs. Please call or visit our website for more information and an application.*

RAPE RECOVERY CENTER

Tel: 801.467.7282  
2035 South 1300 East  
Salt Lake City UT, 84105

TTY: 801.746.5551

24-hr crisis & info line: 801.467.7273  
Utah 24-hr crisis & info line: 1.888.421.1100  
[www.raperecoverycenter.org](http://www.raperecoverycenter.org)

“AND THE DAY CAME WHEN THE  
RISK TO REMAIN TIGHT IN THE  
BUD WAS MORE PAINFUL THAN  
THE RISK IT TOOK TO BLOSSOM.”

— Anais Nin

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