

COMMUNITY GUIDE

TO HELPING SURVIVORS OF
SEXUAL ASSAULT

WHAT WE CAN DO

We can help survivors by empowering them: letting the survivor guide when, how and to whom they disclose is the first step. When help is offered, the survivor should be able to choose how, when and from whom to accept it. When in doubt, you can always refer to our 24/7 helpline. SARC encourages all helpers to practice self-care, healthy boundaries and best safety practices.

SEXUAL ASSAULT RESPONSE CENTER

eliminating racism
empowering women **ywca**

CONTACT US



OFFICE (302)-273-1300
HELPLINE 800-773-8570



153 E Chestnut Hill Rd, Suite 102
Newark DE 19713



20155 Office Circle, Suite 2
Georgetown, DE 19947

HELPING OUT

WEBSITES

www.ywcade.org/SARC
www.RAINN.org
www.NSVRC.org
www.startbybelieving.org
attorneygeneral.de.gov
CJC.delaware.gov
victimsofcrime.org
crisistextline.org

Support
verbally and with actions
Advocate
if the survivor says yes
Recognize
and respect trauma
Confidentiality
builds trust

WHAT TO SAY

"I'M SO SORRY THAT HAPPENED
TO YOU. IT IS NOT YOUR FAULT"

"I BELIEVE YOU."

"YOU ARE NOT ALONE."

"HOW CAN I SUPPORT YOU?"

"THIS DOESN'T CHANGE HOW I
THINK OF YOU."

COMMUNITY RESOURCES

- Sexual Assault Helpline NCC, KT, & SX 800-773-8570
- Sexual Assault Helpline Kent 800-262-9800
- Domestic Violence Helpline NCC 302-762-6110
- Domestic Violence Helpline Kent & SX 302-422-8058
- Police-based Victim Services 1-800-842-8461
- National Suicide Helpline 800-273-8255
- Crisis Textline: Text "CONNECT" to 741741
- Delaware Suicide Helpline 800-262-9800
- Child Abuse Report Line 800-292-9582
- Mental Health Crisis NCC 800-652-2929
- Mental Health Crisis Kent & SX 800-345-6785
- For Emergency Housing, call 211 for centralized intake or the Homeless Planning Council (302) 654-0126
- SANE Units in Delaware:
 - Christiana Hospital, Newark
 - Al Dupont Nemours Hospital, Wilmington
 - Bayhealth, Dover
 - Family Advocacy Program DAFB, Dover
 - Nanticoke Memorial Hospital, Seaford
 - Beebe Hospital, Lewes