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.

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

SEXUAL ASSAULT RESPONSE CENTER
eliminating racism empowering women ywca

HELPING OUT
Support verbally and with action
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
  AI Dupont Nemours Hospital, Wilmington
  Bayhealth, Dover
  Family Advocacy Program DAFB, Dover
  Nanticoke Memorial Hospital, Seaford
  Beebe Hospital, Lewes

CONTACT US
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