



YOU ARE NOT ALONE.

We are here to help.

**For assistance
24 hours a day,
call our helpline
800-773-8570**

The **Sexual Assault Response Center** is a rape crisis center in Northern Delaware. The center is committed to providing healing, hope, and empowerment to individuals whose lives have been impacted by sexual violence. SARC provides comprehensive, free and confidential rape crisis services and community awareness and prevention services.

VOLUNTEER with SARC.

As a Sexual Assault Response Advocate (SARA), you will make a difference in the lives of sexual violence survivors and their families, and help strengthen our community.

MAKE A DONATION to SARC.

When you give to SARC YWCA Delaware, you help continue to provide free services and help bring us closer to our goal of ending sexual violence.

LEARN more at www.ywcade.org/SARC



CONTACT US:

For assistance 24 hours a day, call our helpline: 800-773-8570

Sexual Assault Response Center
YWCA Delaware
Robscott Building
153 E. Chestnut Hill Road, Newark, DE 19713
Phone: 302-273-1300
Fax: 302-224-4057

We provide services throughout Northern Delaware.

This program is funded through the Delaware Criminal Justice Council by the U.S. Department of Justice, Office of Violence Against Women.

SARC

SEXUAL ASSAULT
RESPONSE CENTER

**eliminating racism
empowering women** **ywca**

SEXUAL ASSAULT RESPONSE CENTER OF YWCA DELAWARE



**Dedicated to
hope,
healing, and
empowerment**



If you or someone you care about has been sexually assaulted, reaching out for help can be the first step toward recovery and healing.

- SARC offers **FREE** and **CONFIDENTIAL** services to survivors, their friends and families.
- SARC helps survivors from all backgrounds and is knowledgeable about all types of sexual violence.
- Each survivor is welcomed and treated with respect and dignity.
- Whether the assault happened yesterday or many years ago, SARC is here to help you now.
- If the assault happened within the last five days, please go to www.ywcade.org/SARC/help or call our helpline for information on options for what you can do.

Dedicated to hope, healing, and empowerment

GET HELP

- 24-hour helpline crisis counseling and intervention
- Accompaniment to hospital, police or court
- Aftercare follow-up case management
- Individual and group sexual assault counseling
- Information and referral to community resources
- Community outreach
- Prevention education
- Professional training
- Programs are language accessible; if you need services in another language, let us know.
- Learn more at www.ywcade.org/SARC

Call our offices at 302-273-1300, or our 24-hour helpline, 800-773-8570, to access our services.

GET INFORMATION

Sexual violence disrupts the lives of survivors and those who care about them and share their lives. SARC is committed to giving survivors and their families and friends the resources they need to reclaim their equilibrium and begin healing.

VISIT OUR WEBSITE, www.ywcade.org/SARC, to:

EXPLORE COMMON REACTIONS to sexual violence. Sexual violence can trigger a range of feelings and reactions including guilt, fear, anger, avoidance, distrust, loss of control, and shame. No matter how you are feeling we want you to know, "It's not your fault," and that you are not alone.

IDENTIFY RESOURCES in Delaware, in your community, and online. In addition to the free and confidential services SARC provides through our offices and helpline, we can help you identify additional resources in the community.

READ INFORMATION about sexual violence, medical and legal issues, and other related materials key to healing and recovery. Everyone's experience with sexual violence can be different. Find out what common terms are used to describe acts of sexual violence, the legal definitions, medical and legal options, and information about how supportive counseling can help.

GET INVOLVED

EACH OF US can make a difference in ending sexual violence. SARC can help you engage your neighbors, classmates, work colleagues, and fellow worshipers in learning the facts about sexual violence and how to prevent it in your community. Follow us at www.ywcade.org/sarc

SPEAK UP. SARC can help survivors find their voice and be heard in safe and effective ways. Speaking out is an important part of creating the social change we need to end sexual violence.

RAISE AWARENESS of sexual violence and ways to prevent it. Invite SARC staff to speak at your school, agency or organization, workplace, or community event.

GET INVOLVED with SARC. You can become a **Friend of SARC** – you can help SARC make a difference in the lives of survivors of sexual violence from our community by getting involved.

Learn more at www.ywcade.org/SARC or call our helpline, 800-773-8570.