MY MIND, BODY, AND SPIRIT ARE SACRED

PREVENT SEXUAL ASSAULT

SEXUAL ASSAULT ANSWERS AND SUPPORT:
1-800-656-HOPE (4673)
WWW.RAINN.ORG
If you feel unsafe or have been assaulted, get help from someone you trust.

- If you are in immediate danger, go to a safe place and call 911 or your local law enforcement.
- If you have been sexually assaulted, it is important to have a medical exam for sexually transmitted diseases (STDs) and pregnancy prevention, and in some cases, evidence collection. You can be seen through your local ER or clinic.
- Know it is not your fault.
- There is help available. Call the National Sexual Assault Hotline: 1-800-656-HOPE (4673) or your local advocacy center for support.

(Placeholder for local resource label)