

Counselling Centre of East Algoma

705.848.2585

Assaulted Women's Helpline

1.866.863.0511

or TTY 1.866.863.7868

Centre Victoria pour Femmes

705.461.6120

OPP 24-Hour Police Service

1.888.310.1122

or TTY 1.888.310.1133

Sexual Assault Care Centre (SSM)

705.759.5143

**Health Sciences North
(Sudbury Regional Hospital)**

1.866.469.0822

Victim Support Line

1.888.579.2888

**Reporting
sexual
assault
isn't easy.**

Let us help you.



counselling centre
of east algoma



If you were recently assaulted, make sure you're doing all that you can to help support your case.

- **DO NOT** change clothes, bathe, douche, or alter anything in the immediate area
- Go directly to the hospital or local Sexual Assault Care Centre (Sudbury or Sault Ste. Marie) for treatment of injury, treatment of sexually transmitted infection, pregnancy testing, and collection of physical evidence for criminal prosecution (Sexual Assault Evidence Kit)
- Call the police if you would like to make a report
- Contact Counselling Centre of East Algoma for crisis intervention and / or counseling

If you were assaulted in the past, it's never too late to seek treatment.

Follow these steps to ensure good health.

1. Seek medical attention at the Sexual Assault Care Centre or your family physician
2. If you have been to the hospital, be sure to receive follow up medical attention
3. Contact the Counselling Centre of East Algoma for support and on-going counseling

The Counselling Centre of East Algoma is your dedicated support when you've become victim to assault. They offer advocacy, accompaniment (to court, police, hospital etc.), practical assistance, and individual or group counseling.

For immediate assistance,
call 705.848.2585

Common Responses to Sexual Assault

Everyone reacts differently to sexual assault and these reactions, experienced by few or all, are common and natural.

Fear, Anxiety

Feeling unsafe, nervousness, fear of situations linked to the assault, compulsive behaviours

Shock, Disbelief

Numb, unemotional, surreal feelings

Helplessness, Depression

Feeling powerless, overwhelmed, unable to make choices, self-hatred

Anger

Fury, desire to retaliate against assailant

Shame, Embarrassment

Feeling "bad," feeling that everyone will "know" that you have been assaulted

Self-blame, Guilt

Feeling at fault, responsible for the attack

Flashbacks

Remembering, "reliving" the assault

Isolation

Feeling alone or that no one else can relate to your experience

Making a Police Report

Many victims choose to report the crime and participate in the prosecution because of guidance and support from the law.

If you decide to speak to the police, you will be asked to remember all details of the assault and the attacker. This can be very emotionally difficult, so the police may arrange for a support person for you or you can make this request yourself. Support is available through Counselling Centre of East Algoma, Victim Witness Assistance Program, and le Centre Victoria pour Femmes.

After the police report is made, the decision to prosecute belongs to the Crown Attorney. It's important to note the decision is based on evidence that is available to the Crown Attorney. Sometimes cases are not prosecuted. This is usually due to lack of evidence, not because the Crown Attorney doesn't believe you.