

## Emotional reactions after a sexual assault...

Sexual assault is an assault on the body, but it impacts the mind and soul. There are many possible emotional or psychological reactions after a rape.

**Guilt:** I feel as if I did something to make this happen. If only I had...

**Shock:** I feel so numb. Why am I so calm? Why can't I cry?

**Embarrassment:** What will people think? I can't tell my family.

**Depression:** How am I going to go on with my life?

**Powerlessness:** I have no control over my life now.

**Anger:** I want to kill him!

**Fear:** I am afraid of so many things now. Will I ever get over this? I'm afraid I'm going crazy. I have nightmares that terrify me.

**Reliving the assault:** I keep having flashbacks.

Everyone experiences these types of emotions differently. All of these things are completely normal feelings and reactions to what happened to you.

## Morongo Basin Sexual Assault Services

is a private non-profit organization. We rely heavily on community support to meet both our financial needs and to continue providing no cost services to victims and the community.

There are many ways YOU can help.

- Your tax-deductible contribution.
- Services that your business may be able to provide: printing, advertising, clothing donations, etc.
- Volunteer for membership on our Advisory Board.
- Get involved in our volunteer program to become a Crisis Intervention Counselor.

**Morongo Basin Sexual Assault Services**  
57382 Twentynine Palms Highway  
Yucca Valley, CA 92284  
760.369.3353  
Fax: 760.369.3389

**San Bernardino Sexual Assault Services**  
444 N. Arrowhead Ave., Suite 101  
San Bernardino, CA 92401  
909.885.8884

**Website:** [www.sbsas.org](http://www.sbsas.org)  
**National Hotline:** 1.800.656.4673  
**California Relay:** 1.800.735.2922

MBSAS is committed to serving all clients without regard to race, color, religion, sexual preference, marital status, national origin, or ancestry.



Morongo Basin  
Sexual Assault  
Services

Phone Number:  
760-369-3353

Crisis line counselors available  
24 hours per day.

All services are  
free and confidential.

## Victim Services...

MBSAS provides a 24-hour hotline for victims of sexual assault. In addition to immediate emotional support and referral services, assistance is provided to victims and their families in many other ways:

- Outreach counselors are available to accompany the victim to the hospital and/or police station.
- Individual counseling is available to victims, spouses and family members.
- Court advocates are available to accompany victims through the legal processes.
- Information and referral to other services through community partners.
- Home visits are available for the elderly, disabled and shut-ins.
- Counselor facilitated support groups.

## Healing...

Whether it's moments after an assault, or years later MBSAS can provide the help and support that you need. It is never too late to begin healing. You CAN take back your power.



## What to do if you are raped or sexually assaulted...

- Get to a safe place immediately.
- If you want to report the crime, notify the police immediately. Reporting the crime can help you regain a sense of personal power and control.
- Write down every detail you can remember about the incident and the perpetrator.
- Talk to someone. Even if you don't want to call the police. Talk to a friend or family member or call a rape crisis hotline.
- Obtain medical help as soon as possible.
- Talk with a counselor who is trained to assist rape victims. Counseling can help you learn how to cope with the emotional and physical impacts of the assault. This help is available even if you choose not to report the crime.
- Remember that you have legal rights as the victim of a crime. You can have a trained support person with you during all exams and interviews.

## If you think you want to report the assault to the police...

- Preserve all physical evidence of the assault.
- Do not shower, bathe, douche, eat, drink, wash your hands, or brush your teeth until after you have had a medical examination.
- Save all of the clothing you were wearing at the time of the assault.
- Do not clean or disturb anything in the area where the assault occurred.

## Community Services...

In addition to victim services, MBSAS also provides services to the community in a variety of ways:

- Education programs on engagement and awareness to schools, clubs, organizations, and businesses.
- Rape sensitivity trainings for medical professionals and police department.
- Community outreach through community fairs and events.

## Social Media...

Follow Morongo Basin Sexual Assault Services on Facebook for updates on upcoming community events, sexual assault facts, and links to relevant articles.

[www.facebook.com/mbsas760](http://www.facebook.com/mbsas760)



## Online Resources...

[www.rainn.org](http://www.rainn.org)  
[www.nsvrc.org](http://www.nsvrc.org)  
[www.itsonus.org](http://www.itsonus.org)  
[www.notalone.gov](http://www.notalone.gov)