

WHY ME?

Women of every age, race or religious background are raped. No matter where you were, what you were doing, what you were wearing, what you were saying, if you were drunk or under the influence of drugs, you did not deserve this. The responsibility **always** lies with the attacker, **not you**.

Our statistics show that women are more often attacked by someone they know and trust. It is a fact that we are more at ease and relaxed in friends / families company and more likely to be 'caught off guard'. No matter who the attacker was you did not deserve what has happened.

HOW DO YOU FEEL?

Everyone reacts differently to a traumatic event. Whatever you are feeling is a normal response to what has happened.

- If you have been attacked recently you may be in shock. This can mean that you are feeling numb, unemotional, be in total disbelief, be crying, shaking, laughing or physically being sick.
- You may feel to blame and responsible for what has happened.
- You may be having nightmares or experiencing difficulties sleeping.
- You may be "reliving" the events (Flashbacks), these can be triggered by a sound, situation or smell and can be very frightening (see our leaflet on Flashbacks for more information).
- You may have lost confidence, trust in yourself and others.
- You may be feeling worthless or have feelings of self-hatred.
- You may be finding it difficult to cope with day-to-day life.
- You may be feeling angry, irritable and be short-tempered with those close to you.
- You may feel dirty and ashamed about what has happened.
- You may be depressed, upset and tearful a lot of the time.
- You may feel suicidal.
- You may be afraid e.g. of people, places, being on your own.
- You may be experiencing relationship or sexual difficulties.

The list above is by no means everything you may be feeling and indeed some women experience none of the above.

SOME WOMEN COPE BY..

- Using drugs (illegal or prescribed) and / or alcohol.
- Eating control, bingeing, vomiting, starving (Anorexia and Bulimia)
- Self-harming / injuring e.g cutting, burning, scrubbing. (Our leaflet on self-harm and self-injury provides more information about this).
- Forgetting and completely blocking out the memory of what has happened – these memories can be triggered by events later in life e.g. birth of a child, death of the abuser, TV programme.

You must remember that you did not ask for this to happen to you. Many women find that speaking about their experience, although often difficult and painful, helps them come to terms with what has happened. Speak to someone you can trust or come and speak with someone at the Centre.

THE HEALING PROCESS

Healing can take time. Take things at your own pace, there is no right or wrong about how long it can take to come to terms with something like this. Don't forget you don't have to go through this process alone. Break the silence and share your thoughts and feelings about your experience with a trusted friend or family member, partner or another survivor, or speak in confidence to a trained support worker at our Centre.

Even if the attack was some time ago, your feelings are important.

IF YOU HAVE JUST BEEN RAPED OR SEXUALLY ASSAULTED

- Have any injuries treated by your doctor or at a hospital.
- If there is a possibility of pregnancy you may want to take the morning after pill (up to 72 hours after) or have a coil fitted (up to 5 days after). To do this, go to your Family Planning Clinic or GP.
- Unfortunately, the incidence of sexually transmitted infections after rape can be high. The Genito-Urinary (G.U.) Clinic at Ninewells Hospital (Dundee) offers fully confidential treatment. You do not need a letter from your doctor. You will need to return for the results. You do not have to tell them you have been raped. You can make an appointment by ringing (01382) 425542. You don't have to give the clinic your real name and you could ask a friend or someone from the Centre to go with you for support.

USEFUL CONTACT NUMBERS

Dundee Women's Aid	(01241) 439457
Samaritans	(08457) 909090
Genito-Urinary Clinic	(01382) 425542
Police (Family Protection Unit)	(01382) 223200

LEAFLETS AVAILABLE

- Sexual harassment at work.
- Information about the police and court.
- Information for friends and family of survivors.
- Information for survivors of rape or sexual assault.
- Information for adult survivors of child sexual abuse.
- Information for women who would like to volunteer.
- Information for workers.
- Information on ritual abuse for survivors and supporters.
- Survivors and flashbacks.
- Survivors and self-harm – self-injury.
- Suicidal feelings.
- Useful contact numbers
- Personal safety
- W.R.A.S.A.C service information. (Also available in Urdu, Punjabi, Bengali and Chinese)

All the above leaflets are available in large print, Braille and on CD.

HOW TO CONTACT US

WRASAC P.O. Box 83, Dundee, DD1 4YZ

Helpline: (01382) 201291

Mondays 12pm - 2pm, Tuesday 10am-12pm, Thursday 2pm-4pm

Wednesday and Friday 7pm - 9pm

Answering machine at all other times

Business Line : (01382) 205556

email : wrasac@btconnect.com Website: www.wrasacdundee.org

The Women's Rape and Sexual Abuse Centre is a registered charity number SC009070. The charity is registered with OSCR. The Centre is also a Company limited by guarantee – Company number SC241372 the registered address of the Company is Blackadders Solicitors, 30 to 34 Reform Street Dundee DD1 1RJ. Please note this is not our office or address for correspondence.

WOMEN'S RAPE AND SEXUAL ABUSE CENTRE

A free and confidential service

INFORMATION FOR SURVIVORS OF RAPE OR SEXUAL ASSAULT