

## What is sexual assault?

Sexual assault is any sexual activity where consent is not freely given by an individual. This includes rape, molestation, incest, harassment, partner/marital rape, indecent exposure, stalking, exhibitionism and voyeurism.

It also includes situations in which a person may be under the influence of any substance, unconscious or has a disability and cannot consent to sexual activity. Sexual Assault impacts all people, regardless of age, ethnicity, race, gender or economic status. And, most importantly, sexual assault is never the fault of the victim.

## If it happens to you:

- Trust yourself. You know what happened to you. You deserve to be heard. We believe you.
- Find someone safe you can talk to, whether it's a friend, a family member, 911 or SACASA.
- Call SACASA's Crisis Line. We believe you and we'll help you get the support you need.

## Facts about sexual assault:

- Nearly 1 in 5 women — and 1 in 71 men — have been raped in their lifetime.
- More than 25% of transgender individuals have been sexually assaulted after the age of 13.
- Survivors of sexual assault are 3 times more likely to suffer from depression and are at increased risk of abusing drugs and alcohol.
- There is a greater likelihood that a victim will not report sexual assault when they know the offender.

## How you can help

**Volunteer:** Your time and energy can help us provide support to those who have been impacted by sexual violence. Contact us to learn about our volunteer opportunities.

**Donate:** SACASA's services are made available primarily through grant funding and insurance coverage. Your gifts help us fill the gaps and provide the best – and only – specialized sexual assault services in southern Arizona.

Donate online at [www.CODAC.org/donate](http://www.CODAC.org/donate).

## Call us today to get the support you deserve.

**Crisis Line:** (520) 327-7273 or (800) 400-1001  
TTY/TDD/SMS: (520) 327-1721  
TTY/TDD/SMS After Hours: (520) 243-3358  
Se Habla Español; Your call is confidential

### Main Office

1600 N. Country Club Rd. | Tucson, AZ 85716  
P: (520) 327-1171 | F: (520) 327-2992

### Su Voz Vale

101 W. Irvington Rd., Office 3A | Tucson, AZ 85714  
P: (520) 434-0195 | F: (520) 434-0248

### Nogales Office

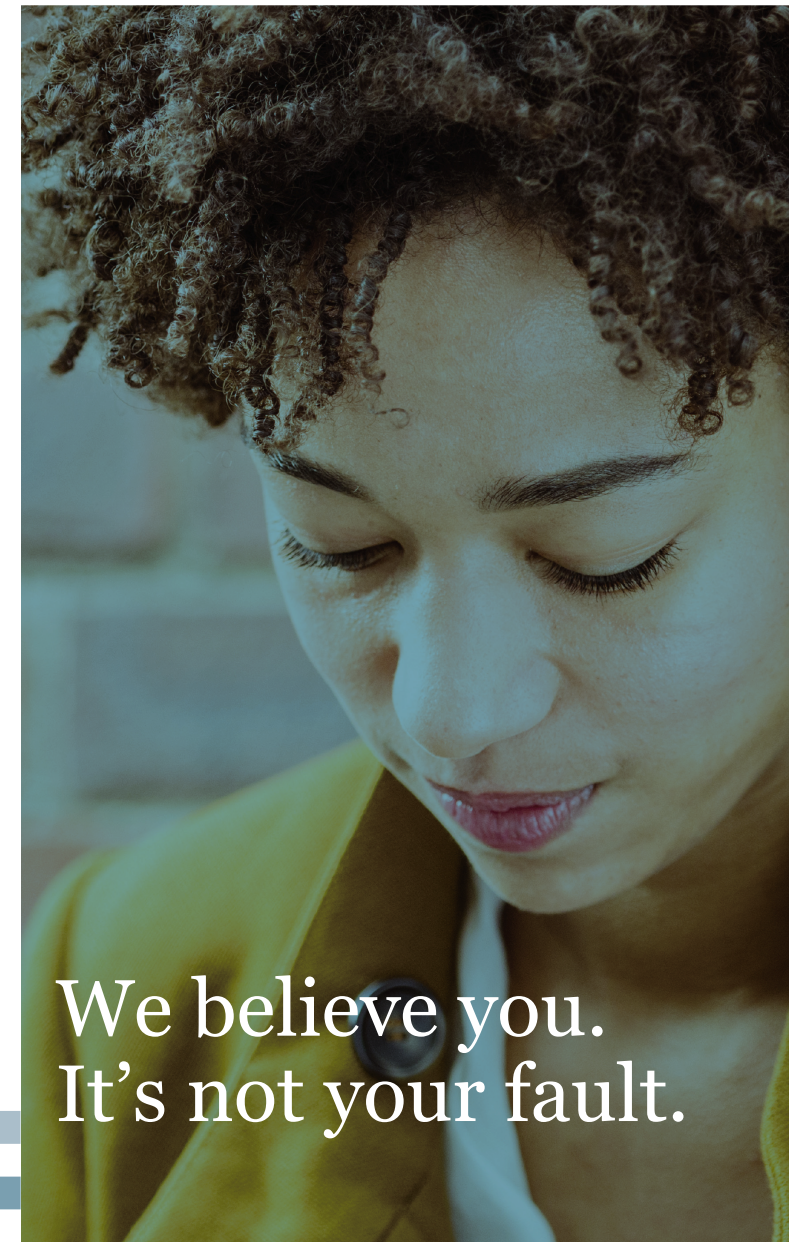
1071 N. Grand Ave., Suite 109,111 | Nogales, AZ 85621  
P: (520) 604-1843 | F: (520) 604-0802

[www.SACASA.org](http://www.SACASA.org)

SACASA is a Division of



## Services for Survivors of Sexual Trauma



We believe you.  
It's not your fault.



**The Southern Arizona  
Center Against Sexual  
Assault (SACASA)  
provides support and  
education for individuals  
and families impacted  
by sexual trauma.**

[www.SACASA.org](http://www.SACASA.org)

## **Crisis Services**

When you are in crisis, help cannot wait. SACASA's bilingual crisis line support is available 24/7 for people of all ages.

Call for confidential support immediately following sexual assault or if you need someone to talk to, no matter when the assault happened. When you're ready to talk about it and seek support, we're here for you.

When you call, advocates will listen to your needs, offer you the appropriate resources, and connect you with emergency care, if necessary.

SACASA's Crisis Advocates will also meet you at the hospital following a sexual assault. They are here to support you and will:

- Help you understand your medical and legal options and your rights as a survivor of sexual violence.
- Arrange for a medical forensic exam if you decide to get one.
- Work with the medical staff, law enforcement and others to create a safe environment for you at the hospital and after you leave.
- Connect you with counseling and other resources when appropriate.

If you choose to have a medical forensic exam, you will work with one of SACASA's specially trained Forensic Nurse Examiners. They provide compassionate, confidential and comprehensive care following a sexual assault including assessing injuries, collecting biological specimens such as blood and urine, and discussing preventative medicines.

## **Therapy and Support**

Therapy and support are critical in the healing process to reduce the long-lasting effects of sexual violence. We offer individual, couples, family and group therapy for survivors and their loved ones ages 12 and older.

Our licensed therapists are trained and have extensive experience in treating sexual trauma. We understand the impacts that this specific type of trauma has on the mind, the body and the soul, and we know the techniques to help you through it.

Whether you were sexually assaulted yesterday or 40 years ago, and whether you are a survivor of rape, molestation, incest, or harassment, we are trained in providing individualized, expert trauma-informed care to help you transition on the journey from victim to survivor.

## **Support for the Hispanic/Latino Community**

SACASA offers bilingual and bicultural crisis intervention, therapy and support services to Spanish-speaking individuals at three locations, including one in Nogales, Arizona.

*Su Voz Vale* is our specialized program for Hispanic/Latino survivors and offers crisis advocates trained to work with additional needs of this community.

**“ I feel like a whole person again.  
I have been able to heal with  
help from SACASA.”**