

Reaching Out

If you have been sexually assaulted recently or in the past, you can turn to sexual assault services for help.

Many people feel afraid of seeking counseling. There are numerous reasons for this including shame, and fear of talking about the assaults. You only need to share as much as you feel comfortable with, and then, as you develop trust, you can move on to sharing more - it's normal to want to "wet your toes" first.

Sexual assault counselors are trained to understand the issues survivors face. They won't tell anybody what you share with them, and there should be no judgments passed on you. You deserve support as you heal - just as you would see a doctor for a physical problem, there is no shame in seeking help for the wounds inflicted by sexual assault.

Note: If you are feeling as if you want to harm yourself or are thinking about suicide, please don't wait to get help. Even though you may not believe it right now, this will pass and you can find happiness again.



The mission of Pandora's Project is to provide information, facilitate peer support and offer assistance to male and female survivors of sexual violence, as well as their friends and family.

Pandora's Project
www.PandorasProject.org

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E-mail: contact@pandys.org

International Contact Information For Crisis Support



*A handout for
survivors*

*Developed by
Pandora's Project*

www.PandorasProject.org
www.pandys.org

Below are some hotlines or websites that contain international hotlines. You can browse these links to find centres near you.

USA

Rape, Abuse & Incest National Network (RAINN): www.RAINN.org 1 800 656 HOPE (4673)

Canada

Canadian Association of Sexual Assault Centres: www.casac.ca (English/français)

South America

International directory of abuse and domestic violence hotlines, shelters, refuges, crisis centers (South America):

<http://www.hotpeachpages.net/samerica/index.html>

South Africa

Crisis line services for South Africa:

<http://www.southafrica.info/services/crisishelp.htm>

Africa

International directory of abuse and domestic violence hotlines, shelters, refuges, crisis centers (Africa): <http://hotpeachpages.net/africa/index.html>

UK/EIRE

Rape Crisis England and Wales:
www.rapecrisis.org.uk

Rape Crisis Scotland:
www.rapecrisisscotland.org.uk

Rape Crisis Network Ireland (Northern Ireland):

www.rapecrisisni.com

Eire:

www.rcni.ie

Europe

Rape Crisis Network Europe:
www.rcne.com



For a comprehensive list of hotlines, crisis centers and other international resources, please visit our public resources forum:

<http://pandys.org/forums>

Australia

Australia-wide list of Sexual Assault Crisis numbers: www.aifs.gov.au/acssa/crisis.html

New Zealand

Rape Crisis New Zealand:
www.rapecrisis.org.nz

Asia

International directory of abuse and domestic violence hotlines, shelters, refuges, crisis centers (Asia):

<http://www.hotpeachpages.net/asia/index.html>

India

Indian helplines and legal resources:

<http://www.fight-back.net/>

Suicide Help

International database of suicide crisis lines:
www.befrienders.org