



**You are not alone.  
Help is available.**

**NEARLY ONE IN FOUR WOMEN IN NEW HAMPSHIRE HAS BEEN SEXUALLY ASSAULTED IN HER LIFETIME.<sup>1</sup>**

**80% OF SEXUAL ASSAULTS ARE COMMITTED BY SOMEONE THE VICTIM KNOWS.<sup>2</sup>**

**LESS THAN 30% OF SEXUAL ASSAULTS ARE REPORTED EACH YEAR.<sup>3</sup>**

**Help is available.**

New Hampshire Coalition crisis centers provide free, safe and confidential counseling, education and advocacy for all victims of sexual assault.

**BERLIN/COLEBROOK/LANCASTER:** Response Domestic & Sexual Violence Support Center 1-866-662-4220

**CLAREMONT/NEWPORT:** Turning Points Network 1-800-639-3130

**CONCORD:** Crisis Center of Central New Hampshire (CCCNH) 1-866-841-6229

**CONWAY/WOLFEBORO:** Starting Point: Services for Victims of Domestic & Sexual Violence 1-800-336-3795

**DURHAM/UNH:** Sexual Harassment & Rape Prevention Program 888-271-SAFE (7233)

**EPPING/PORTSMOUTH/ROCHESTER:** HAVEN 603-994-SAFE (7233)

**KEENE/PETERBOROUGH:** Monadnock Center for Violence Prevention 603-352-3782

**LACONIA:** New Beginnings 1-866-841-6247

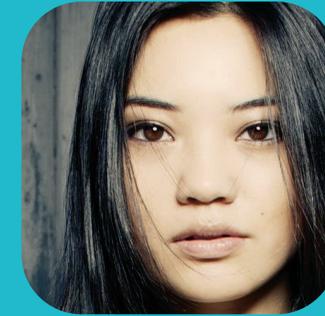
**LEBANON:** WISE 1-866-348-WISE (9473)

**MANCHESTER:** REACH Crisis Services at YWCA NH 603-668-2299

**NASHUA/MILFORD:** Bridges: Domestic & Sexual Violence Support 603-883-3044

**PLYMOUTH:** Voices Against Violence 1-877-221-6176

**Anyone**



**can be a victim  
of sexual assault.**

For 24-hour assistance in New Hampshire, call the toll-free sexual assault hotline at **1-866-644-3574.**

*TTY & Language Line interpretation available*

<sup>1</sup> Violence Against Women in New Hampshire report  
<sup>2</sup> U.S. Department of Justice, National Violence Against Women 2000 Survey  
<sup>3</sup> Bureau of Justice Statistics 2002





## No one ever deserves to be sexually assaulted.

Sexual assault is any sexual activity that is done without the victim's consent, whether through force, manipulation, or coercion. It is a crime. Sexual assault can happen to anyone regardless of age, gender, race, ethnic, or economic background.

Sexual assault has short- and long-term physical and mental health effects that can make recovery difficult. Since most sexual assaults are committed by someone the victim knows, the perpetrator is often an acquaintance, friend or relative, which may make the sexual abuse even more traumatic.

Whether or not a victim chooses to report a sexual assault, local crisis centers can provide support services, resources and additional referrals that can help victims begin the recovery process.

Sexual assault is against the law, regardless of when or where it occurs, or the gender of the victim or perpetrator. There are time limitations for legal recourse, so victims can talk to an advocate about their options or an attorney about their legal rights.

## What to do if you are sexually assaulted.

**First, go to a safe location.** You can call the police if you need help or want to report the sexual assault.

**Get medical attention.** Deciding to seek medical attention is always recommended regardless of whether or not the crime is reported to the police. A medical exam can provide treatment for injuries or sexually transmitted infections, as well as provide evidence collection and emergency pregnancy and HIV prevention. It is important to note that under the law, medical professionals must report cases of suspected child abuse and gun shot wounds.

*Important: do not change your clothes, bathe or wash away any evidence if you are going to the hospital.*

**Call a sexual assault crisis center** for confidential support as soon as possible. Trained crisis advocates are available 24 hours a day, 7 days a week to listen and help you understand your options. **1-866-644-3574.**

## About us:

Founded in 1977, the New Hampshire Coalition Against Domestic & Sexual Violence is an umbrella organization for a statewide network of 12 independent member programs committed to ending domestic and sexual violence. The Coalition works to:

- Ensure that quality services are provided to victims/survivors of domestic violence, sexual assault, stalking and human trafficking.
- Prevent future violence by educating the public.
- Encourage the provision of services and accountability for perpetrators.

Services are available to everyone regardless of age, gender, health status (including HIV-positive), physical, mental or emotional ability, race, sexual orientation, gender identity/expression, socioeconomic status, national origin, immigration status or religious affiliation.

**PO Box 353, Concord, NH 03302-0353  
603-224-8893 [www.nhcadv.org](http://www.nhcadv.org)**

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## 5 ways you can help a victim of sexual assault:

**Believe.** Remember, the assault is not the victim's fault.

**Be supportive.**

**Encourage** the person to seek medical attention and contact a local crisis center.

Support the person's **right** to make her/his own decisions.

**Maintain confidentiality.**