Coping with stress of COVID-19 as a survivor of sexual violence

Resources & Grounding Techniques

It is normal to feel sad, anxious and stressed during a crisis like COVID-19, especially if you are also dealing with any form of sexual violence and/or sexual harassment. You deserve to live a life of safety and respect and you are not alone. Here are some resources that remain available.

**UCLA CARE Program**
310-206-2465
advocate@careprogram.ucla.edu
careprogram.ucla.edu
Education, Advocacy & Healing services remotely to maintain social distancing. Virtual yoga series in Spring quarter.

**Santa Monica Rape Treatment Center**
424-259-7208
24-hour comprehensive services for sexual assault victims. Includes specialized medical care, forensic services, counseling, and information about rights & options. All services are free.

**Sojourn**
310-264-6644
Domestic violence services for families. Emergency & confidential shelter, 24/7 crisis counseling, attorney referrals for criminal & family court.

**RAINN**
800-656-4673
24/7 National sexual assault hotline. Confidential support, help with finding local resources for health, forensic exams, healing & recovery. Information about laws in your community.

Coping techniques

- Eat healthy meals & snacks.
- Say a few positive affirmations about yourself. You're doing so well.
- Take a moment to stretch.
- Journal, paint, or draw.
- If your living situation is unsafe, try to get to a safe place if you can.