



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.



Journal, paint, or draw.

Take a moment to stretch.



If your living situation is unsafe, try to get to a safe place if you can.