

# START 2019 with healing from past or present sexual violence

As the new year begins, take steps towards this important resolution.



IF YOU, OR SOMEONE YOU KNOW, STRUGGLE WITH LONG-TERM EFFECTS FROM SEXUAL VIOLENCE, WE ARE HERE TO LISTEN!

## LONG-TERM EFFECTS MAY INCLUDE:

- addiction issues
- anxiety
- body issues
- depression
- dissociation
- eating disorders
- guilt
- low self-esteem; self-doubt
- minimizing
- negative self-talk; thoughts
- panic attacks
- persistent fear
- relationship problems
- self-blame
- self-harm
- sense of helplessness
- shame
- sexual problems
- trust issues
- withdrawal/isolation



**24hr CRISIS LINE: 530-342-RAPE (7273) Collect Calls Accepted**

Butte/Glenn: **530-891-1331** or **877-452-9588** Tehama: **530-529-3980** Calling from Corning: **530-824-3980**

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