

Teen or adult victim of rape or other sexual assault.

Take immediate action:

- Don't shower, bathe or douche. Go immediately to any emergency room.
- Some of your clothing may be needed for evidence. Bring clothing, or have someone bring it to you.
- Participate in a full rape exam.
- Be sure to get there within 12 to 24 hours if you think a date rape drug may have been used.
- Talk to hospital staff about whether you need any tests for any diseases, or should take any medicine as a precaution. If you are concerned about pregnancy from the assault, discuss this with the ER staff.
- A YWCA Omaha staff or volunteer advocate is available to meet you at the hospital for emotional support and to be with you as you talk to emergency room staff and police officers. Ask a nurse to help you call the YWCA Omaha 24-hour hotline, 345-7273.
- It is important to file a report with the police. Generally, the person who raped you will not be charged with your rape unless you agree to participate in a trial. Most rapists have more than one victim - you may be able to help other people who've had the same awful experience, and prevent someone else from being assaulted.
- Talk to people to help you recover - post-traumatic stress syndrome can occur after a rape. The YWCA Omaha 24-hour hotline, 345-7273, is always available and totally confidential. Groups where you can talk with other victims and counselors are available, too.
- If you are afraid to be in your home or afraid the rapist may attack you again, a YWCA Omaha advocate can help you develop a personal safety plan.
- Protection Orders are available if someone stalks you - follows you in person or threatens you by phone, e-mail, etc. A YWCA Omaha advocate can help you apply.