



# Sexual Violence

## Impact & Options for Care

**Sexual violence impacts women all over the world regardless of income, race/ethnicity, or location.** 1 out of every 4 woman has experienced a form of sexual violence in their lifetime - whether it is molestation, abuse, rape, assault, or harassment. Black women and girls 12 years and older, experience higher rates of rape and sexual assault than White, Asian, and Latina girls and women (Source: US. DOJ). Given the high rates of sexual violence within the Black community, it is imperative that we have access to quality care & services. Here are some options for care for survivors of sexual violence.

- **Therapy & Support Groups:** Therapy and support groups for survivors of sexual violence provide a healing space to talk to a helping professional or other people who have similar experiences. There are plenty of low-cost options available for survivors because of the number of non-profits around the country that focus on sexual violence survivors. You can also pay to see a therapist. For organizations in your area visit: <https://centers.rainn.org>
- **Legal:** Engaging law enforcement and the court system presents a challenge for Black women who want to take legal action against a perpetrator. Oftentimes, woman are not believed or are re-victimized by people who are supposed to help them. If you are interested in taking legal action, check out: <https://www.rainn.org/public-policy-action> for legal protections in your state.
- **Crisis Hotlines:** Crisis Hotlines provide assistance for people who are in a crisis and direction on where to go to get help. Crisis hotlines are not a substitute for calling 911 (if you are comfortable contacting emergency personnel) in the event of an emergency. **Call the RAINN hotline at: 800.656.HOPE (4673)** to speak with a trained professional.
- **Safety Planning & Shelters:** Creating a safety plan with a sexual assault counselor provides a way for you to plan in the case of an emergency. Safety plans include places of refuge of where you can go and who to reach out to in the event of crisis. Shelters and organizations that serve survivors of sexual violence are all over the country. To find an organization near you visit: <https://centers.rainn.org>



# Sexual Violence Impact & Options for Care Chicago Resources

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**Here are organizations that provide services for survivors of sexual violence in Chicagoland:**

## **YWCA of Metropolitan Chicago**

<https://ywcachicago.org/our-work/sexual-violence-support-services/>

**Contact Number:** 312.733.2102

Services: Counseling, Case Management, Legal & Medical Advocacy

Cost: FREE

## **Rape Victim Advocates**

<https://www.rapevictimadvocates.org/programs-services/>

**Hotline:** 1-888-293-2080

Services: Counseling, Legal & Medical Advocacy, Prevention Education

Cost: FREE

## **Community Counseling Centers of Chicago**

<https://www.c4chicago.org/services/sexual-assault>

**Contact Number:** 773.769.0205

Services: Individual & Group Counseling

Cost: Varies. Takes the following insurance: Aetna, Blue Cross Blue Shield PPO, Humana, Cigna and United Healthcare, some Medicaid plans

## **Pillars Community Health**

<https://pillarscommunity.org/services/sexual-assault/>

**Hotline:** 708-482-9600

Services: Crisis Intervention, Legal & Medical Advocacy, Individual & Group Counseling

Cost: FREE & Sliding Scale

## **Advocate Toolkits & Resources**

Incite!

<http://www.incite-national.org/page/resources-organizing>