

## Healing is possible ...

... and you don't have to do it alone. Though our healing journeys are uniquely ours, we can lean on others along the way.

### Centering Healing

- Focus on basic needs: food, sleep, movement, hydration, medications, and rejuvenating self-care.
- Reach out to caring people in your life. Ask them for help, and talk about what happened.
- Prioritize activities that make you feel authentic.
- Find things that make you feel safe, comforted or connected.

Remember that you are worthy of healing, and you deserve to feel better. Our journey to healing is powerful because we control it. We have options on how to move forward.



## More information and resources

[The Trevor Project](https://thetrevorproject.org) | thetrevorproject.org  
call: 866-488-7386 | text: 678-678

[LGBT National Help Center](https://lgblhotline.org) | lgblhotline.org  
call: 888-843-4564

[Trans Lifeline](https://translifeline.org) | translifeline.org  
call: 877-565-8860

[RAINN Hotline](https://rainn.org) | rainn.org | call: 800-656-HOPE

[The Northwest Network](https://nwnetwork.org) | nwnetwork.org  
call: 206-568-7777

[allgo, a queer people of color organization](https://allgo.org)  
allgo.org | call: 512-472-2001

[DeQH: A Desi Queer Hotline](https://deqh.org) | deqh.org  
call: 908-367-3374

[NYC Anti-Violence Project](https://avp.org) | avp.org  
call: 212-714-1141

[FORGE Forward](https://forge-forward.org) | <https://forge-forward.org>

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# Healing for LGBT+ Survivors of Sexual Violence



## When we experience sexual trauma, taking the first step towards seeking support for our healing and recovery can be difficult.

Sexual violence involves any sexual behaviors, actions, and/or words where consent is not given freely. This includes attempted and completed acts of sexual violence. Some forms of sexual violence are legally defined as criminal acts, while others are not. Only the survivor determines what experiences are harmful, valid, or deserving of acknowledgement.

Whether we recently survived sexual trauma or experienced it years ago, the fact that we become open to receiving support is a major step toward healing. Take a moment to recognize this milestone in your journey.

Right now, you may be feeling:

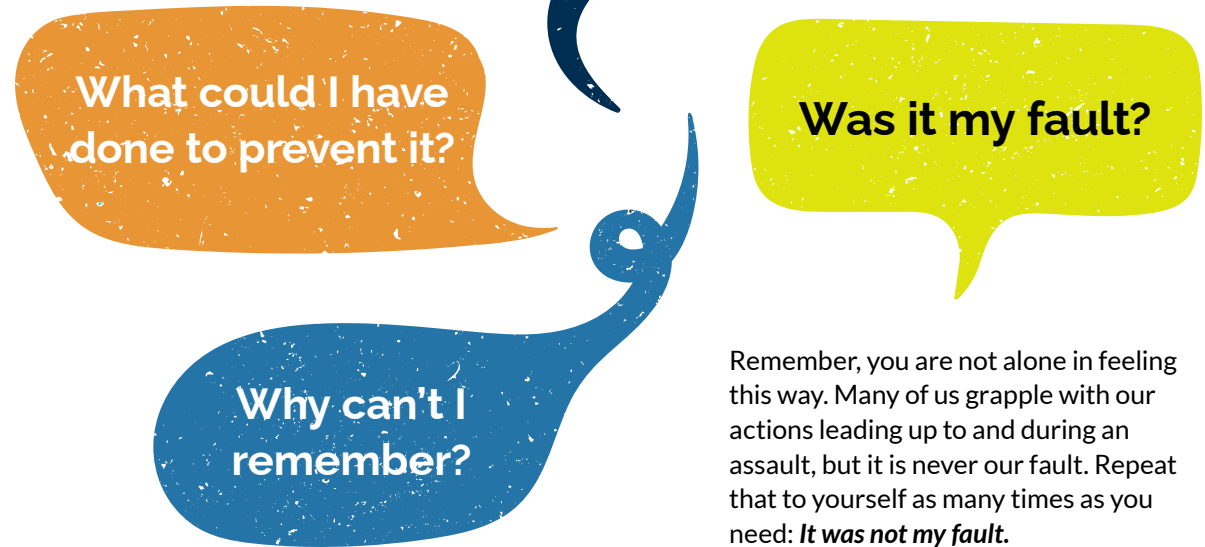
- Shock
- Exhaustion
- Anger
- Isolation
- Numbness
- Anxiety
- Confusion
- Moodiness

There is no one right way to feel or to heal.

**An Affirmation: My experiences are valid because they are mine. No one can tell me otherwise.**

## It is not your fault

You may feel isolated in your recovery. Complicated feelings can arise during this time such as:



Remember, you are not alone in feeling this way. Many of us grapple with our actions leading up to and during an assault, but it is never our fault. Repeat that to yourself as many times as you need: **It was not my fault.**

## You are not alone

As members of the LGBT2Q+ community, we are at a greater risk to experience sexual violence. The Center for Disease Control found that LGBT2Q+ sexual violence at disproportionate rates compared to their heterosexual counterparts:

- 44% of lesbians and 61% of bisexual women survive rape, physical violence, or stalking by an intimate partner, compared to 35% of straight women
- 26% of gay men and 37% of bisexual men survive rape, physical violence, or stalking by an intimate partner, compared to 29% of straight men
- The Transgender Survey found that 47% of transgender people are sexually assaulted at some point in their lifetime. Among the respondents, Native American & Indigenous (65%), multiracial (59%), Middle Eastern (58%) and Black (53%) respondents were most likely to have been sexually assaulted in their lifetime.