

Have you been sexually assaulted?

Sexual assault is **any** sexual behavior that occurs without your consent or that you feel coerced or pressured into.

If you've been sexually assaulted:

- You may feel confused, numb, ashamed, angry, fearful, sad, guilty, or embarrassed.
- You may even be unsure if what happened was sexual assault.

There is no "right" way to feel. Talking with a DVSA advocacy counselor can help.

You have the right to:

- Go to the hospital for a free sexual assault exam.
- Make a police report, even if the assault happened some time ago.
- File a request for a sexual assault protection order.

What happened to you is not your fault.

Important Phone Numbers

Domestic Violence and Sexual Assault Services

360.715.1563
877.715.1563

WWU-Crime and Sexual Assault Services Program (CASAS)

360.650.3700

Lummi Victims of Crime

360.312.2015

Non-Emergency Law Enforcement

Bellingham Police: 360.778.8800
Whatcom Sheriff: 360.778.6600

Bellingham Children's Administration

360.594.6700 or 866.829.2153

At DVSA, we support individuals affected by domestic violence, sexual assault, or sexual exploitation and lead the community toward ending those abuses of power.

 Sponsored by Bellingham Bay Rotary

You deserve to be safe.

24-hour Helpline:

360.715.1563
877.715.1563

*Accepts 711 and other relays
Se Habla Español*

Talk to us in person:

1407 Commercial St.
Downtown Bellingham
Monday-Friday, 9am-5pm
www.dvsas.org

 **DVSAS**
Domestic Violence and
Sexual Assault Services

You deserve to be safe and respected in your relationship.

Does your partner:

- Humiliate or shame you in front of others or in private?
- Control where you go or what you do?
- Hurt or threaten to hurt you?
- Pressure or force you to have sex?
- Force you to have sex with other people?
- Act excessively jealous or possessive?
- Control your access to money, phone, or car?
- Blame you for their behavior?
- Threaten to kill you or themselves if you leave?
- Use your children against you?

DVSAS can help.

Our services are free and confidential.

Call 360.715.1563 at any time to speak to an advocacy counselor.

How DVSAS can help:

Services are available for anyone impacted by domestic violence, sexual assault, or sexual exploitation. We are here for you, whether you are looking for information on how to support a friend or family member, or you need help yourself.

Immediate Help

- 24-hour helpline
- Support center walk-in services (9am-5pm)
- 24-hour emergency room support

Ongoing Support

- Advocacy-based counseling
- Legal advocacy
- Support groups

Safe Housing

- Safe, confidential shelter
- Homelessness prevention services
- Housing case management

Education and Training

- Teen dating violence prevention
- Professional trainings and education

Please call DVSAS to talk more specifically about your safety and concerns.

In the meantime, if you've experienced domestic violence:

- Call 911 if you are in danger.
- Prepare an emergency kit in case you have to leave suddenly (keys, money, important documents, medicines, bank information, etc.)
- Develop a safety plan with your family and identify people they can call in an emergency.
- Tell a neighbor and ask them to call for help if needed.
- Keep records of injuries and written/phone/text/online threats.

If you've been sexually assaulted:

- Call 911 if you are in danger.
- Consider not showering before you receive a forensic exam.
- Make a safety plan in case you have to see the perpetrator again.

This list is not comprehensive. Call DVSAS to talk about your safety plan.