

## Deciding to Seek Help:

Many who have experienced sexual assault find that a counselor offers compassion and help. A counselor is trained to address your emotional needs. Some find that they can more easily discuss their assault with a professional who has worked with other survivors.

Support groups are helpful recovery tools for many survivors. You may develop a supportive network with others who have had bad experiences similar to your own. Many survivors find support groups a valuable part of their healing process. A support group may be an alternative or addition to one-on-one counseling.

## What you may be Feeling:

Survivors of sexual assault experience a wide range of reactions. Some have said that after an assault their emotions go up and down or from one extreme to another. If you have been assaulted, your reactions are your own way of coping with the crime that has been committed against you. There is no standard response to sexual assault. You may experience a few, none, or all of the following:

- Shock and numbness
- Loss of Control
- Fear
- Guilt and self-blame
- Isolation
- Vulnerability
- Distrust
- Sexual fear
- Anger
- Disruption of daily activities

**If this is you, please call us  
at: (254) 288-9521**

## Sexual Assault Care Services:

- Provide initial and follow-up evaluation and counseling services to victims of sexual assault.
- Ensure clients are connected to appropriate services.
- Completes clinical assessment.
- Referral for Services
- Victim Advocate
- Sexual Assault Care Provider

## Sexual Assault Program Locator:

Department of Social Work  
Building 90043, Clarke Road  
West Fort Hood, Texas 76544  
(254) 288-9521

## Hours of Operation:

Monday - Friday  
7:30 a.m. - 4:30 p.m.

## Resources

Fort Hood Crisis Line .....(254) 702-4953  
The Chaplain .....(254) 287-2427  
Darnall Hospital Emergency Room.....  
..... (254) 288-8113/8114  
Military One Source.....(800) 342-9647  
Local Rape Crisis Center .....(254) 634-8309  
Fort Hood CID..... (254) 287-2722/7710  
National Sexual Assault Hotline(800) 656-4673

Carl R. Darnall Army Medical Center  
Public Affairs & Marketing Office  
Fort Hood, Texas 76544

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**DARNALL**  
ARMY MEDICAL CENTER

**Sexual Assault  
Program**

Many of us have the image of a sexual assault occurring in a dark alley by a stranger. Sexual assault can happen in crowded rooms, cars, public places or your own bed. More than half of all reported rape/sexual assault incidents occurred within one mile of the victim's home or at their home. Rapists are not usually strangers either; sixty percent are committed by an acquaintance, friend, lover or spouse of the victim. Every two minutes, somewhere in America, someone is sexually assaulted.

## What is Sexual Assault?

One out of every six American women has been the victim of an attempted or completed rape in their lifetime. However, these figures are only of reported sexual assaults. Seventy-two percent of rapes/sexual assaults are not reported to the police.

## The Facts

Several myths exist about sexual assault. These myths often shift responsibility and blame from the assailant to the victim. Understanding the myths surrounding sexual assault may help you in your recovery. If you have been assaulted, what happened to you was a crime. You are not to blame for the assailant's behavior.



### **Myth:**

The victim must have "asked for it" by being seductive, careless, drunk, high, etc.

### **Fact:**

No one asks to be abused, injured, or humiliated. This line of thought blames the victim for the assault instead of the assailant, who chose to commit the crime. People of all ages, from all walks of life, have been the targets of sexual assault. Not one of them "caused" their assailant to commit a crime against them.

### **Myth:**

Men can't be sexually assaulted.

### **Fact:**

Men are sexually assaulted. Any man can be sexually assaulted regardless of size, strength, appearance or sexual orientation.

## The Facts (Cont.)

### **Myth:**

If women would just stop drinking so much they wouldn't be sexually assaulted.

### **Fact:**

Alcohol is a weapon that some assailants use to control their victim and render them helpless. A part of the plan, an assailant will encourage the victim to use alcohol or identify an individual who is already drunk. Alcohol is not a cause of sexual assault; it is only one of many tools that assailants use. Sexual assault still happens in the absence of alcohol.

## Medical Concerns:

Receiving immediate and follow-up medical attention is one of the most important things you can do for yourself if you have been sexually assaulted. You may have injuries that need to be treated, and you may want to be tested for pregnancy and Sexually Transmitted Infections (STIs). A friend, relative, or advocate can accompany you to the hospital. You do not have to do this alone!