

Our Services

Since 1984 we have worked alongside thousands of people seeking healing from rape and sexual abuse; initially as Rape Crisis and now as SASH.

We have a dedicated team of compassionate specialists who can provide support and counselling following sexual assault.

We offer

- 24-hour crisis response support for immediate medical and police assistance
- Support when making statements with the police
- Private and confidential one-to-one support and understanding to help you start the healing process for recent and historic sexual abuse
- Assistance to access other social services
- Court support and advocacy
- Information on police and court procedures
- Free professional and confidential counselling
- Education training
- Effective proactive interventions training

To access any of our services, get more information or to talk to someone in confidence who will understand contact us:



03 548 2407

sash@sash.co.nz

www.sash.co.nz

Reactions

Each person who has been sexually assaulted recovers in their own time and way. Whatever your feelings and reactions are, they are normal and will be similar to those of other people who have experienced sexual assault.

Sexual assault is a trauma that threatens our sense of safety in the world. There are a range of responses that people have, and these can cause people to fear that they're going crazy. There is nothing wrong with you; these are normal responses to abnormal situations.

If you were sexually assaulted years ago, you may question why your reactions are still strong, or may have been told you should be "over it" by now. There is no time limit on the trauma caused by sexual assault, however, and you can ask for help in healing and managing the effects on your life.

Sharing with other people in a safe and secure environment can help to "normalise" the effects and reduce the sense of isolation, as well as being a source of suggestions for coping and healing.

Reactions may include:

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|-------------------|------------------------|
| • Fear | • Depression |
| • Crying | • Anxiety |
| • Shock | • Inability to sleep |
| • Low self-esteem | • Pain/nausea |
| • Self-blame | • Shame |
| • Loss of lust | • Fluctuating emotions |

Myth: 'You should get over rape quickly'

FACT: Nearly everyone is left with trauma that extends far beyond the actual incident. Most common are post-traumatic stress disorder, anxiety disorders, panic attacks, depression, eating disorders, self-injury, and thoughts of suicide.

Myth: 'Rape always involves physical force'

FACT: Humans and all animals have three responses to danger. We either fight, freeze, or flee. Many people fearing for their lives or bodily integrity freeze. There is no choice in that reaction. It's just what happens. A person need not physically resist rape. If they do not consent or are unconscious or intoxicated and cannot consent, it's rape. Against a person's will is against the law. Rape is potentially life-threatening. Whatever a person does to survive the assault is the appropriate action.

Myth: 'Rape is a woman's problem'

FACT: Rape is everyone's problem. Men are often victims too. Society needs to reject the normalisation that is present in the media and acceptance ingrained in our families, schools, and government. We need to reject rape-glorifying entertainment and jokes. We all need to take responsibility for rape and sexual abuse.

History of SASH

Since 1984 we have worked alongside thousands of people seeking healing from rape and sexual abuse; first as Rape Crisis and now as SASH.

Our focus is on support and healing.

We believe people have a right to live in a society free from sexual abuse and violence. We aim to assist people by empowering them towards healing and promote autonomy, self-determination, personal growth, pride, confidence and self-esteem.



Where to find us

SEXUAL ABUSE SUPPORT & HEALING



16 Nile Street West, Nelson



155 High Street, Motueka



03 548 2407



sash@sash.co.nz



www.sash.co.nz

We are a not-for-profit organisation which relies heavily on grants, donations and private funding. We are grateful for every dollar donated to SASH.

If you would like to donate you can drop in and see us, post a cheque or make an internet banking deposit directly to:
ASB Bank 12 3493 0070616 00

Working in collaboration with:

PHILIP CHAPMAN, MANAGER
The Male Room, 28 St Vincent Street, Nelson
PHONE 03 548 0403
EMAIL pchapman@ts.co.nz
WEBSITE www.maleroom.co.nz
FACEBOOK facebook.com/maleroominc



We have compassionate,
dedicated specialists
to help you and your family

Support Counselling Advocacy

www.sash.co.nz