How to Help Someone You Care About

Tips from RAINN

It's not always easy to know what to say when someone tells you they've been sexually assaulted, especially when that person is a family member, friend, or loved one. If you're looking for information on how to support a child, click here. Consider the following ways of showing support:

- **Listen.** Communicate without judgment.
- **Be there.** If the survivor seeks medical attention or plans to report, offer to be there. Your presence can offer the support they need.
- **Offer support.** Encourage the survivor to get support. Share resources like the National Sexual Assault Hotline and online.rainn.org, but realize that only they can make the decision to get help.
- **Be patient.** Remember, there is no timetable for recovering from trauma. Avoid putting pressure on them to engage in activities they aren't ready to do yet.
- **Encourage self-care.** Following an assault it is important to practice good self-care during this difficult time.

National Sexual Assault Hotline
800.656.HOPE | rainn.org

To search for your local sexual assault service provider, please visit **centers.rainn.org**

If you or someone you know has been affected by sexual violence, it's not your fault. You are not alone. Help is available 24/7 through the National Sexual Assault Hotline: 800-656-HOPE and online.rainn.org, y en español rainn.org/es.

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To learn more, visit rainn.org.

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