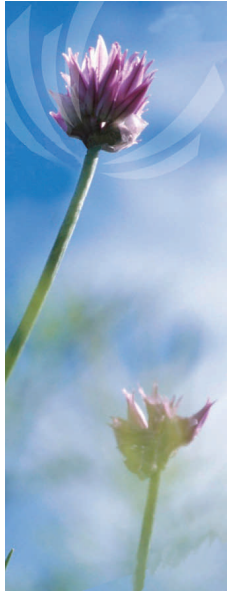


Vision

To provide quality professional community services to those in the Diocese of Rockhampton



Mission

To share in the healing ministry of Jesus, by providing professional community services to enhance the wellbeing of individuals and families



Centacare
CATHOLIC DIOCESE OF ROCKHAMPTON

www.centacare.net

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Also providing services in:

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Blackwater - blackwater@centacare.net
Gladstone - gladstone@centacare.net

Sexual Assault Service



Centacare
CATHOLIC DIOCESE OF ROCKHAMPTON



Sexual Assault - The Myths...

Certain types of people get raped

There is no 'type' of person who gets sexually assaulted. Women of any age, culture, marital status and life experience are assaulted; children of both sexes and men [homosexual and heterosexual] are sexually assaulted {often by 'straight' men}.

Men have uncontrollable sexual urges.

WRONG. In fact, the vast majority of men and women can and do control all of their urges. **Sexual assault is not primarily about sex but about control, abuse and humiliation.**

But you are not alone...

Even if you have experienced sexual assault *more than once* in your life.

One in 3 girls and one in seven boys experience some form of sexual assault by the time they attain 18 years of age [these are only the reported figures].

Approximately one in five women experience unwanted sexual contact or sexual assault once in their adult life

Sexual Assault - The Reactions

People have differing experiences of sexual violence and [understandably] different responses.

There is no right or wrong way to feel.



In the weeks and months following sexual assault, reactions may include [*but are not limited to*]:

- ➔ Acute distress, drug or alcohol abuse
- ➔ Anxiety—about yourself and others
- ➔ Depression, self doubt, low self-esteem
- ➔ Sleep disturbance, nightmares
- ➔ Physical symptoms:
 - Nausea, vomiting,
 - Pain, headache,
 - Loss of appetite
 - Fatigue
- ➔ Fear, loss of control and safety
- ➔ Mood swings, feeling dirty, intimacy difficulties, guilt, shame.



Understanding Your Reactions

It is normal to experience extreme emotional effects and changes—feeling like you may be getting over it and re-experience the intense emotions of before.

Sometimes effects persist for sometime, or there may be a delay before you begin to feel the effects.

They may be characterised by:

- Hyper-alertness—body in a constant state of alertness to danger, resulting in sleeplessness, sleep disturbance, anxiety, feelings of panic.
- Intrusive memories, re-experiencing the trauma in different forms—flashbacks; nightmares and sensory experiences—feeling like you are losing your mind.
- Avoidance—deliberately avoiding anything that might remind you of the experience including intimacy.

Counselling helps you understand your reactions and suggests strategies for you to deal with them.

Medical and Health Concerns

Even if you don't want to report the crime—seek medical attention immediately for injury, pregnancy, and sexually transmitted infections.