There is always a Sexual Assault Center near you. The Sexual Assault Center has 16 locations spread across the Netherlands. That means good and trusted help is never far away. If you call our national phone number, the operator will make sure you can go to the nearest centre. Call 0800-0188.

Have you been the victim of a sexually violent experience? Seek help as soon as possible. The Sexual Assault Center is here for you!

Who is it for?
The Sexual Assault Center is here to help anyone who has had a traumatic sexual experience.

Rapid assistance
It is important that you seek help as soon as possible after experiencing sexual violence. Preferably within 72 hours. That way we can give you the best level of help possible. The sooner you call, the better. Was it longer ago than three days? Don’t worry, we can still help you. Call 0800-0188 or chat with us on www.chatmetcsg.nl. You can call or chat online anonymously.

Who will help you?
The Sexual Assault Center has a broad team of professionals and specialists that include doctors, nurses, psychologists, social workers and police authorities. All these people work very closely together, so you don’t have to tell your story over and over again and they can make sure you get the best help possible.

Costs
Sometimes an examination or treatment costs money. You might be able to claim these costs through your healthcare insurer or the Compensation fund for Violent Crimes (Schadefonds Geweldsmisdrijven). Ask your contact person or case manager at the Sexual Assault Center for more information.

Important!
Going through a sexually violent experience is never your fault! Even if you sometimes feel like it is.
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Going through a sexually violent experience is never your fault! Even if you sometimes feel like it is.
Medical help

If you are a victim of sexual violence, you could be infected with a Sexually Transmitted Disease (STD). Even if you do not currently have any symptoms, you could still be infected. You may also be injured or experience pain. Sexual violence can also result in pregnancy. At the Sexual Assault Center, a doctor can examine and treat you.

Tips from Paula, one of our doctors:

- Contact the Sexual Assault Center straight away;
- Take a morning-after pill if there is any risk of unwanted pregnancy.
- Stick to a normal day and night routine.
- Take good care of yourself: eat healthy food and don’t drink any alcohol or use drugs.

Paula treats people who have had a non-consensual sexual experience.

Tips from Chantal, one of our psychologists:

- Contact the Sexual Assault Center straight away.
- Get back to your normal life as soon as possible.
- Look for support with your family and friends for support.
- Find something distracting to do.
- Talk about what you went through, or write it down.
- Good to know: everything you’rethinking and feeling right now is perfectly normal.

Tips from Tom, a police officer:

The forensic physician can find traces of the assailant on your body up to around 7 days after going through the sexual violence. Make sure you get help straight away after the assault and:

- don’t shower or have a wash;
- don’t brush your teeth;
- don’t go to the toilet;
- don’t eat or drink;
- don’t wash your clothing. Keep them in a bag, preferably paper.

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Sexual violence can result in stress-related problems, such as fl ashbacks, difficulty concentrating and sleeping, and anxiety. You may also experience feelings of depression, anger, guilt, shame, or develop sexual problems. If these problems do not decrease within a month, it could be a sign that you have diffi culties coping. At the Sexual Assault Center, you can get help to process what happened to you.

The Sexual Assault Center works together with the police. The police is not automatically involved. If you want, you can meet with the police and they can provide further information. The employees at Victim Support The Netherlands or specialist lawyers can help you if you want to pursue a legal procedure.
Psychological help

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Chantal is a psychologist who specializes in treating victims of sexual assault.
Legal help

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www.centrumseksueelgeweld.nl
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