

According to the Department of Justice, 1 in 3 women and 1 in 10 men will experience sexual violence at some point in their lifetime.

You are not alone...Starting Point can help

Starting Point Services

Starting Point provides services to victims/survivors of sexual violence, domestic violence and stalking regardless of gender, age, health status, physical, mental or emotional ability, sexual orientation, gender identity/expression, socio-economic status, race, national origin, immigration status, religious or political affiliation. Services include

- **Support** Advocates listen, provide emotional support and discuss options through our 24 hour support line at 800-336-3795. In addition, an advocate is available in our offices 9:00am–4:00pm Monday–Friday, no appointment needed. Advocates can also meet survivors at the hospital, police department, child advocacy center or court.
- **Court Advocacy** Advocates provide assistance in obtaining protective orders and other court appearances.
- **Hospital Advocacy** In-person support to victims at area hospitals and doctor's offices.
- **Emergency Shelter** We offer a safe, comfortable, caring environment where trained advocates offer support, information and referrals to women and children while they stay in our home.
- **Support Groups** A supportive forum to listen or talk with others dealing with abuse past or present.
- **Child Advocacy Center Accompaniment** Advocates provide support to families when a child has been the victim of a sexual crime.

Client services are free and confidential.

Important Phone Numbers Emergency Services

Police.....	911
Starting Point.....	800-336-3795
NH Department of Health & Human Services.....	447-3841 or 800-552-4628
Child abuse reporting in NH.....	800-894-5533

Legal Assistance Services

Northern Carroll County Court.....	356-7710
Southern Carroll County Court.....	539-4561
Carroll County Superior Court.....	539-2201
NH Bar Lawyer Referral.....	229-0002
NH Legal Assistance.....	800-548-1886
Legal Advice and Referral (LARC)...	800-639-5290

Health Services

Memorial Hospital.....	356-5461
Huggins Hospital.....	569-7500
Lakes Region General Hospital.....	524-3211
Northern Human Services: The Mental Health Center.....	447-2111/569-1884

www.startingpointnh.org



Consent is your right!

Conway Office

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PO Box 1972
Conway, NH 03818

Ossipee Office

603.539.5506
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www.startingpointnh.org



24 Hour Support Line 800.336.3795

Translators are available in 140 languages through the AT&T language line

What is Sexual Violence?

Sexual Violence is any sexual activity that is done without the victim's consent, whether through force, manipulation or coercion. Sexual assault is a crime. There are many different forms of sexual violence. Some examples include incest, sexual harassment, child sexual abuse, rape and sexual exploitation.

Since most sexual assaults are committed by someone the victim knows the perpetrator is often an acquaintance, friend or relative which may make the sexual assault even more traumatic. Whatever the form sexual violence takes, and no matter whom the perpetrator is. Sexual Violence is never the victim's fault. No one has the right to pressure or force you to engage in sexual contact. Sexual contact without both parties consent is a crime for which the offender is solely responsible.

You may be a victim of sexual assault if:

- You have been pressured or forced to engage in any sexual activity.
- You were touched sexually in an inappropriate or uncomfortable way as an adult or a child by someone older and/or someone who has authority over you, such as a professional or family member.
- You were unconscious, intoxicated or otherwise unable to consent to the sexual contact.

Common questions and common feelings survivors of Sexual Violence experience:

- **Why did this happen to me?**
Many victims blame themselves. However, nothing you did or didn't do gives someone else the right to violate you.
- **I'm just imaging this:** *It couldn't have really happened, I would remember.* We block memories of painful experiences until we are ready to process and heal from them. It is hard to believe something so awful and so painful.
- **I feel like I am going crazy.** You are not crazy. You are dealing with a trauma that has happened to you. What you are feeling is normal. Many survivors feel these same feelings. You can heal. You can take control of your life again. Below is a list of common feelings/actions trauma survivors' experience.

Acute Stage:

Common feelings: Shock, fear of the attacker, vulnerable, physical pain, guilt, misdirected anger, fear of everything, humiliation, denial, flashbacks.

Reorganization stage:

Common feelings: High stress, sense of loss, generalized fear, self-blame, hypervigilance, sexual dysfunction, eating disorders, increase use of drugs and/or alcohol, depression, loneliness.

Integration stage:

Common feelings: occasional flashbacks, depression around the anniversary of the trauma.

You may feel all, some or none of the feelings listed above. There is no right way to heal; Everyone heals at their own pace.

Take care of yourself whether your experience is recent or in the past

IF YOU ARE IN IMMEDIATE DANGER CALL 9-1-1 TO SEEK SUPPORT:

- **Contact Starting Point.** A Starting Point advocate can provide support and information about resources and services in Carroll County and surrounding areas. To get help call 800-336-3795.
- **Attend a Trauma Informed Support Group.** Call Starting Point for information on locations and meeting times in Carroll County.
- **Talk to a trusted family member or friend.** Let him/her know what is going on with you.
- **Engage in a therapeutic relationship.** Seek out a counselor who has special training in dealing with sexual abuse.
- **Report the sexual assault to the police.** You can call the police to the scene of the crime or your home or you can go to the police department. You do not have to do this alone a Starting Point advocate can accompany you.
- **Report the sexual assault to child protection services.** If you know or suspect a child under the age of 18 is being sexually abused you are mandated to contact the Division of Children, Youth and Families at 800-894-5533.
- **Seek medical attention.** Deciding to seek medical attention is not a decision to report the crime to the authorities. Seeking medical assistance is about your health and safety. Treatment may be essential to ensure that there are no physical injuries requiring medical care. In addition, medications to prevent infections and emergency contraception may be available to those who want it. Even if the assault happened a long time ago, informing your primary care physician can be helpful in diagnosis later in life.