

“Help Someone You Care About”

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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. Be there. [Communicate without judgment](#).
- If the survivor seeks medical attention or plans to [report](#), offer to be there. Your presence can offer the support they need.
- 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 them to practice good [self-care](#) during this difficult time.
- If [someone you care about is considering suicide](#), learn the warning signs, and offer help and support. For more information about suicide prevention please visit the [National Suicide Prevention Lifeline](#) or call 800.273.TALK (8255) any time, day or night.
- To search for your local sexual assault service provider, click [here](#).

It's important that you [take care of yourself](#), too. You can call the National Sexual Assault Hotline at 800.656.HOPE (4673) or visit [online.rainn.org](#) and receive confidential support.

Share this information with others.