

## Physical & Emotional influence of sexual assault

While the reaction and response vary among survivors, you may experience some of the following reactions:

### Immediately after the assault

- Feeling absent-minded or numb
- Sudden onset of anxiety
- Sleep-related difficulties
- Loss of appetite
- Palpitation, cold sweat, or hands and feet getting cold

### After 1 to 3 months

- Easily fatigued
- Difficulty breathing
- Aches in parts of your body
- Anxiety or loss of sense of safety and/or trust
- Self-blame, feelings of guilt
- Sense of loneliness and losing interest in others
- Difficulty in making decisions
- Flashbacks, feeling as if the assault is happening again

### For self-care

Try to relax by listening to your favorite music, getting lots of rest, and/or by exercising lightly.

\*For your own safety, refrain from responding to a threat or an approach by the perpetrator.

- ▶ Sexual assault is a violation of human rights.
- ▶ Sexual assault undermines human dignity and deprives one's self-determination rights for sexual acts.
- ▶ Sexual assault can happen anywhere to anyone regardless of age, nationality, sex, or religion.



 **03-5607-0799**

Available 24 hours

<http://sarc-tokyo.org/>  
(Japanese only)

# Sexual Assault Relief Center SARC Tokyo



# Any sexual contact without your consent is sexual assault

Sexual Assault Relief Center (SARC) Tokyo, a Non-Profit Organization, provides comprehensive advocacy service for survivors immediately after sexual assault.

Our vision is for a society that is free of sexual violence.



## What SARC Tokyo can provide:

1. Telephone/interview consultation
2. Reference and accompaniment to hospital
3. Accompaniment to police

## **i** If you have language difficulty

- Although SARC Tokyo is not able to provide English-speaking support staff at all times, we will try to make arrangements, if needed.
- Your Embassy/Consulate may have useful information or be of assistance to you. Also you may check your own country's website for sexual assault resource.

## Medical services

- ❖ Prescription of emergency contraception pills
- ❖ Examination for sexually transmitted diseases
- ❖ Medical treatment for physical injuries
- ❖ Forensic examination, if needed

\*Bring your Japanese national health insurance card if you are covered.

\*Check what your travel insurance policy covers and bring the claim form for your insurance.

## Police/Prosecution

- ❖ Police will conduct investigations to verify facts about your case.
- ❖ Investigation may not start until after a victim report is filed.
- ❖ Police or prosecutor's office may require the following:
  - Participate in interviews and/or on-site investigation.
  - Submit evidence
  - Press charges

## Legal proceedings

- ❖ You may also consider hiring a lawyer to make demands to the perpetrator or to collect damages and compensation.
- ❖ Even when criminal charges are not filed, it may be possible to file a civil suit.

\*Direct contact with the perpetrator can be very dangerous. We recommend you to obtain a lawyer.

## Useful contact information

These are resources which may help you in getting assistance in English (or other languages).

Please note that we are not liable for the professional ability, reputation or the quality of services provided by the following lists:

### Medical institution information

Tokyo Metropolitan Health and Medical Information Center ("HIMAWARI")

TEL: 03-5285-8181 (Daily 9:00AM-8:00PM)

English Chinese Korean Thai Spanish

<http://www.himawari.metro.tokyo.jp/qa/qq13enmnl.asp>

### lifeline in English

TELL Lifeline

TEL: 03-5774-0992 (Daily 9:00AM-11:00PM)

<http://telljp.com/>

### Embassies & Consulates in Japan

Ministry of Foreign Affairs of Japan

[http://www.mofa.go.jp/about/emb\\_cons/over/](http://www.mofa.go.jp/about/emb_cons/over/)

