

What Friends and Family can do:

- Be supportive, believe, and trust
- Be reassuring - rape is not the survivor's fault
- Make sure the survivor feels safe
- Allow the survivor to re-establish control over his/her life
- Listen, but do not push
- Control your own feelings. This will allow you to focus on the survivor's feelings.
- Get support for yourself. Schedule an appointment with a professional who specializes in rape crisis.



Who is eligible for services at Open Arms?

Anyone who has been affected by domestic violence or rape should call Open Arms to speak to an advocate. We offer programming for victims of domestic violence and rape, domestic violence offenders, children in violent homes, and any interested family, friends, or community members.

Services available at Open Arms

- 24 hour crisis hotline **419-422-4766**
- Confidential crisis shelter for victims of domestic violence and rape.
- Support groups for women and children survivors of domestic violence and adult survivors of rape.
- Individual support and education about domestic violence and rape.
- Court accompaniment, advocacy, and legal referrals for victims of domestic violence and rape.
- Prevention/education programming related to domestic violence and rape.
- The Violence Recovery Project for Offenders.
- Harmony House – A supervised visitation and exchange program.
419-420-9261

P.O. Box 496
Findlay, Ohio 45839
Phone: 419-420-9261
Fax: 419-423-7219
www.openarmsfindlay.org
24 Hour Crisis Hotline: 419-422-4766



Rape Crisis Services

Open Arms Domestic Violence & Rape Crisis Services



*Services for
Survivors of Sexual
Assault and Their Family
and Friends*



Contact Us At: **419-420-9261**

Who is a survivor of Rape Crisis?

A survivor is any person who has been forced to engage in sexual contact that he/she did not consent to.

Did you Know That...

- 45% of all rapes occur in the victims home.
(US Department of Justice)
- 70% of all rapes are committed by someone the victim knows.
(US Department of Justice)
- Only 1 in 10 cases of rape are reported. (FBI)
- 1 in 6 females and 1 in 33 males will be raped in their lifetime. (FBI)
- Woman between the ages of 16 and 24 are at a higher risk of being raped.
(US Department of Justice)

What To Do If You've Been Raped:

- Insure your safety first. Get to a safe place, call 911 or someone you trust.
- DO NOT wash, douche, urinate, or change your clothes. You will destroy evidence that will be necessary to press charges.
- Seek medical attention, even if you think you're not injured.
- REPORT THE INCIDENT, even if you choose not to press charges.

Remember...

Rape is a criminal act! It is a struggle for power and control! No one deserves to be raped. We are here to help the survivors in their journey to recovery.

Suggestions for Recovery

- Establish a support system (family, friends, and professional Rape Crisis support).
- Share your feelings and your story.
- Know that it's okay to feel the way you do.
- Focus on yourself.
- Be patient.

How We Can Help You...

Open Arms will provide support to you in your time of need by offering accompaniment while receiving medical treatment and/or legal services, shelter, individual and group support for survivors of rape and their families, as well as a 24 hour crisis hotline.

If you or someone you love has been affected by rape, call Open Arms today to speak to our Rape Crisis Advocate, **419-420-9261**

The truth is...you already know someone who has been raped.