

LGBTQ+ SURVIVORS OF SEXUAL VIOLENCE

A GUIDE TO HELP SURVIVORS THROUGH
RECOVERY FROM SEXUAL VIOLENCE



ILLINOIS COALITION AGAINST SEXUAL ASSAULT

This booklet uses the terms sexual assault, rape and sexual violence to mean any sexual behavior without your freely given consent. Remember there is no right way you are supposed to feel after sexual assault.



“Funding for this brochure was provided in whole or in part by the Illinois Department of Human Services.”

Introduction

Sexual violence is a crime. If you are a survivor of sexual violence, it is important to remember the assault was not your fault.

As a member of the lesbian, gay, bisexual, transgender, queer, (LGBTQ+) community you may feel unique pressures or face unique barriers in recovering from sexual violence. You may be concerned with being outed, judged, misgendered, or other issues. You may live in a community that is homophobic, transphobic or biphobic. You may be afraid of not being believed about the assault. Sexual violence can be used to oppress members of the LGBTQ+ community.

Know that rape crisis centers are here to believe you and provide confidential services. Rape crisis centers are available to any survivor of sexual assault regardless of gender identification, sexual orientation, age or race. All survivors are welcome to seek services at rape crisis centers.

Remember, the assault was not your fault.



What are Rape Crisis Services?

Rape crisis centers respond immediately to sexual assault survivors through 24-hour hotlines and 24-hour response to hospital emergency rooms and police stations. Rape crisis centers provide services to any person regardless of age, gender or romantic/sexual identity. **These services are free and confidential.**

Your local rape crisis center staff recognize the distinct challenges that LGBTQ+ survivors may face in their communities, including rural areas, religious settings or communities of color. It is important for you to understand that services are confidential.

The centers provide ongoing medical and legal advocacy and counseling services. A survivor can choose to begin services in an emergency room soon after the assault or years after the assault. There is no time limit on when a person can seek services. Rape crisis center staff can help you understand the feelings you may have after the assault or abuse and can assist you in working through the recovery process. The services provided can be in-person or virtual.

A list of rape crisis centers can be found in the back of this brochure or at **www.icasa.org**.

Rape Crisis Center Services:

- **Free**
 - **Confidential**
 - **24-hour-hotlines**
 - **In-person counseling
and advocacy**
 - **Located across the state**

Next Steps

You control making your own decisions on how to move forward after being sexually assaulted. Rape crisis center staff can help you explore and understand your options, which include:

Services at a rape crisis center - A rape crisis center will provide free and confidential crisis counseling, assistance with medical care, guidance through the legal system, and other services.

Seeking medical attention at the hospital - You may have physical injuries or be at risk for sexually transmitted infections or pregnancy. You can choose to go to the hospital to receive medical attention or a sexual assault exam, which is optional to have done.

Reporting to police - Law enforcement is responsible for taking a report about sexual assault. The police will interview you in detail about the assault and the perpetrator. You do not have to report to police. It is your decision.

Take Time - You do not have to seek assistance now. You can seek services from a rape crisis center today or years from now. Services are always available to survivors no matter how long ago the assault took place.

The Impact

Sexual violence is traumatic and affects the survivor physically and emotionally. **Every survivor reacts differently to being assaulted.** Some feelings you might have include:

Emotional Feelings:

- | | | |
|----------------------------------|-------------------------------|------------------------------------|
| <input type="radio"/> Guilt | <input type="radio"/> Anxiety | <input type="radio"/> Numb |
| <input type="radio"/> Fear | <input type="radio"/> Anger | <input type="radio"/> Disconnected |
| <input type="radio"/> Depression | <input type="radio"/> Sadness | <input type="radio"/> Unsafe |
| <input type="radio"/> Shock | <input type="radio"/> Denial | <input type="radio"/> Shame |

Physical Reactions:

- ☐ You may experience a change in appetite
- ☐ You may have trouble sleeping
- ☐ You may have nightmares
- ☐ You may be uncomfortable around others
- ☐ You may experience flashbacks
- ☐ You may avoid sexual or intimate interactions

No matter how you feel, remember the assault was not your fault. You can get help. Asking for help may be scary, but your local rape crisis center can help you with information and support.

YOUR RIGHTS

- You have the right to be treated equally.
- You have the right to be treated with respect.
- You have the right to affirmation and validation of your gender, sexual, romantic identity.
- You have the right to validation of your sexual orientation.
- You have the right to be treated fairly and respectfully by law enforcement and medical personnel.
- You have the right to report discrimination.
- You have the right to a life without violence.
- You have the right to reject unwanted attention.
- You have the right to change your mind whenever you want.
- You have the right to be yourself without changing to please others.
- You have the right to decide whether you want physical and sexual contact.
- You have the right to change a relationship when your feelings change.



LGBTQ+

RAPE CRISIS SERVICES IN ILLINOIS ...

○ NORTH

Addison*

YWCA Metropolitan Chicago
Patterson/McDaniel Family Center
24 hrs. 888-293-2080

Arlington Heights

Northwest CASA
24 hrs. 888-802-8890
www.nwcasa.org

Aurora

Mutual Ground, Inc.
24 hrs. 630-897-8383
www.mutualground.org

Belvidere*

Rockford Sexual Assault
Counseling, Inc.
24 hrs. 815-636-9811

Berwyn*

Fillmore Center
Pillars Community Health
24 hrs. 708-482-9600

Chicago Heights*

YWCA Metropolitan Chicago
South Suburban Center
24 hrs. 888-293-2080

DeKalb

Safe Passage, Inc.
24 hrs. 815-756-5228
www.safepassagedv.org

Dixon*

YWCA of the Sauk Valley
24 hrs. 815-288-1011

Elgin

Community Crisis Center
24 hrs. 847-697-2380
www.crisiscenter.org

Freeport

VOICES of Stephenson County
24 hrs. 815-232-7200
www.voicesofsc.org

Galena

Riverview Center
24 hrs. 888-707-8155
www.riverviewcenter.org

Gurnee

Zacharias Sexual Abuse Center
24 hrs. 847-872-7799
www.zcenter.org

Hickory Hills

Pillars Community Health
24 hrs. 708-482-9600
www.pillarscommunityhealth.org

Joliet

Sexual Assault Service Center
Guardian Angel Community
Services
24 hrs. 815-730-8984
www.gacsprograms.org

Kankakee

Clove Alliance
24 hrs. 815-932-3322
www.clovealliance.org

LaGrange*

Constance Morris House
Pillars Community Health
24 hrs. 708-482-9600

McHenry*

Northwest CASA
Care Center of McHenry County
24 hrs. 800-892-8900

Morris*

Sexual Assault Service Center
24 hrs. 815-730-8984

Mount Carroll*

Riverview Center
24 hrs. 815-244-7772

Oregon*

Rockford Sexual Assault
Counseling, Inc.
24 hrs. 815-636-9811

Ottawa*

Safe Journeys
24 hrs. 800-892-3375

Peru*

Safe Journeys
24 hrs. 800-892-3375

Plainfield*

Sexual Assault Service Center
24 hrs. 815-730-8984

Pontiac*

Safe Journeys
24 hrs. 800-892-3375

Princeton

Freedom House
24 hrs. 800-474-6031
www.freedomhouseillinois.org

Quad Cities

Family Resources, Inc.
24 hrs. 309-797-1777
www.famres.org

Rockford

Rockford Sexual Assault
Counseling, Inc.
24 hrs. 815-636-9811
www.rockfordsexualassaultcounseling.org

Skokie*

Zacharias Sexual Abuse Center
24 hrs. 847-872-7799

Sterling

YWCA of the Sauk Valley
24 hrs. 815-626-7277
www.ywsauk.org

Streator

Safe Journeys
24 hrs. 800-892-3375
www.safejourneysillinois.org

Watseka*

Clove Alliance
24 hrs. 815-932-3322

○ CHICAGO

Chicago 24-Hour Hotline

1-888-293-2080

Resilience

www.ourresilience.org

- Stroger Hospital*
- Austin*
- Northside*

Mujeres Latinas En Acción

www.mujereslatinasenaccion.org

- North Riverside*
- South Chicago*

YWCA Metropolitan Chicago

www.ywcachicago.org

- Cynthia B. Lafuente Center*
- Parks and Francis Center*
- Roseland Center*
- Medical District Center*

RAPE CRISIS SERVICES IN ILLINOIS ...

○ CENTRAL

Bloomington

Stepping Stones
Sexual Assault Services
YWCA McLean County
24 hrs. 309-556-7000
www.ywcamclean.org

Charleston/Mattoon

Prevail Illinois
24 hrs. 888-345-2846
www.prevailil.org

Cuba*

WIRC/CAA Victim Services
24 hrs. 309-837-5555

Danville

Survivor Resource Center
24 hrs. 866-617-3224
www.survivorresourcecenter.org

Decatur

Growing Strong Sexual
Assault Center
24 hrs. 217-428-0770
www.growingstrongcenter.org

Galesburg*

WIRC/CAA Victim Services
Knox County
24 hrs. 309-837-5555

Jacksonville*

Prairie Center Against
Sexual Assault
24 hrs. 217-753-8081

Macomb

Western Illinois Regional
Council/Community Action Agency
Victim Services
24 hrs. 309-837-5555
www.wirpc.org/victim-services

Mt. Sterling*

Quanada
24 hrs. 800-369-2287

Paris*

Survivor Resource Center
24 hrs. 866-617-3224

Peoria

Center for Prevention of Abuse
Sexual Assault Services
24 hrs. 309-691-4111 or
800-559-SAFE
www.centerforpreventionofabuse.org

Pittsfield*

Quanada Pike County
24 hrs. 800-369-2287

Quincy

Quanada
Sexual Assault Program
24 hrs. 800-369-2287
www.quanada.org

Rushville*

Quanada Schuyler County
24 hrs. 800-369-2287

Springfield

Prairie Center Against
Sexual Assault
24 hrs. 217-753-8081
www.prairiecasa.org

Taylorville*

Prairie Center Against
Sexual Assault
24 hrs. 217-753-8081

Urbana/Champaign

Rape, Advocacy, Counseling and
Education Services
24 hrs. 217-384-4444
www.cu-races.org

○ SOUTH

Alton*

Metro East Every Survivor Counts
24 hrs. 618-397-0975

Belleville

Metro East Every Survivor Counts
24 hrs. 618-397-0975
www.metroeasteverysurvivorcounts.org/

Carbondale

Survivor Empowerment Center
24 hrs. 618-529-2324 or
800-334-2094
www.empoweringsurvivors.org

Centralia*

Sexual Assault and
Family Emergencies
24 hrs. 800-625-1414

Effingham*

Sexual Assault and
Family Emergencies
24 hrs. 800-625-1414

Marion*

Survivor Empowerment Center
24 hrs. 800-334-2094

Mt. Vernon*

Sexual Assault and
Family Emergencies
24 hrs. 800-625-1414

Olney*

Counseling & Information
for Sexual Assault/Abuse
24 hrs. 866-288-4888

Robinson*

Prevail Illinois
24 hrs. 866-288-4888

Vandalia

Sexual Assault and
Family Emergencies
24 hrs. 800-625-1414
www.safecrisiscenter.org

**Designates satellite and
outreach offices of main centers.*

For Services and Information in Your Area
Please Contact:



100 N. 16th Street
Springfield, IL., 62703
(217) 753-4117 www.icasa.org