



## SEXUAL VIOLENCE IS COMMON

# Your voice matters.

Talking about it can be hard. Many survivors wait a long time to talk about what happened. No matter when the violence took place, you have a right to healing and support.

SARCC works with people of all ages and genders. We offer 24/7 support from trained sexual assault counselors. Appointments happen in our office, online, over the phone, or by coming to you in the community. Services are no-cost and confidential.

Advocates move with survivors through systems to support them and answer questions. They work with you, and for you. You don't have to do this alone.



## HEALING SERVICES

24/7 Support Line at:

- 717-272-5308 or
- 570-628-2965

Individual or group counseling

Medical & Legal Accompaniment

Advocacy Support

Victims Compensation Information

Trauma Therapy

Request services:  
[info@sarccheals.org](mailto:info@sarccheals.org)

SARCC OFFERS NO-COST SERVICES

# Overview of Advocacy & Support Programs

## Counseling

Every survivor has a right to healing and support. Our counselors are trained to help every person find their path to healing. Counseling is no-cost, and may happen by phone, virtually, or in-person. Some people prefer to meet one-on-one. Others prefer a group. Contact our office to set up an intake with a trained sexual assault counselor. We have bilingual staff. We also work with interpreters as needed. 24/7 support from a trained advocate is also available through our hotlines.

## Accompaniment

Many people who face sexual violence have questions about what is next. Advocates go to court, hospitals, or police stations. Survivors of recent sexual abuse have a right to a SAFE exam at no-cost. Our staff can assist with filing a report or getting a protection order.

## Trauma-Informed Care

Trauma from sexual violence can include nightmares, flashbacks, or “echoes” back to the event. Some people feel anxious or high-alert. Others feel down or numb. Remember that every person has the tools they need to heal. You can make choices in healing your trauma. Request an intake to connect with a counselor today. Our staff can also train others on trauma-informed practices.

Advocacy and support are offered both in-person and virtually. Advocates will meet you in the community, at schools, other service providers, or doctor's offices if needed. All Advocacy services are no-cost.

## Need more information?

Call our offices or email [info@sarccheals.org](mailto:info@sarccheals.org) to schedule an intake.



### Lebanon

717-272-5308  
615 Cumberland St.  
Lebanon, PA 17042

### Schuylkill

570-628-2965  
17 Westwood Rd.  
Pottsville, PA 17901

[sarccheals.org](http://sarccheals.org) | [@sarccheals](https://www.instagram.com/sarccheals)

# SARCC

A United Way Agency