Have you or someone you know been sexually assaulted?....

Get help!

- Unwanted sexual contact
- Sexual verbal abuse
- The absence of sexual consent

Some side effects might be:
- Flashbacks
- Nightmares
- Difficulty falling or staying asleep
- Anger and rage
- Difficulty concentrating
- Hyperventilating
- Anxiety and panic
- Self-blame, guilt, and shame
- Emotional numbing
- Physical symptoms and health problems.

**Information according to Auburn Safe Harbor and Washington State Department of Commerce

Contact Safe Harbor
400 Lem Morrison Drive
Auburn, AL 36849-0001
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www.auburn.edu/healthandwellness
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