

This leaflet is to show you your options after your initial assessment with Jasmine House and also has some Self-Care Tips

LRC adopts a feminist perspective that recognised that sexual violence is a crime of violence and abuse of power. By working to feminist principles, LRC further recognised that the women in never to blame for abuse she has experienced.

LRC provides a female environment which is a safe and supportive that allows personal growth and through giving the women and girls confidence to talk about any fears or struggles that have arose from the abuse, or that may arise from everyday life.

Self-care tips for survivors

If you are a survivor of sexual harassment, violence and abuse, all of this can have a negative impact on your mental health.

To help minimise this impact there are a number of things you can try to put your wellbeing first.

Give yourself permission to take time out and focus on your own self-care, with our simple tips.

They're holistic, practical and open to all.

- Take a deep breath in, then breathe out slowly, making the out breath last a little longer than the 'in'. This can help to refocus your mind while also relaxing your body.
- Take in the things around you and name them in your mind - table, lamp, chair, shoes, pen etc. Be as descriptive as you like. This can help you focus you.
- Write down your thoughts and feelings. Don't worry about spelling or grammar. You could buy yourself a diary/ notebook with a lock. Write a letter to the person who abused you. You don't

have to send it, you can rip the paper into small pieces and throw it away. This can help regulate feelings of anger and rage that may understandably come up for you.

- At times when you're feeling happy about yourself and your life, try writing sentences of positive 'affirmation' on a piece of paper and keeping this on you. For ideas of the kind of things you might write down, think about what a good friend might say about you, or the kinds of things you might say to a good friend who's been through something similar. This can help you regulate feelings when you are low.
- Talk about it. When your thoughts stay in your head, they can overwhelm you. Having the opportunity to say them aloud to someone who believes you and supports you can be a relief. It can make them clearer and help you work out what you want.
- Express the anger by hitting a pillow with a tennis racquet or tearing up a thick catalogue/ phone book. Go somewhere where you won't frighten anyone and shout or make a noise.

- Draw a picture or paint it. When you can't put emotions into words, drawing colours and lines can help. You don't have to show it to anyone.
- Exercise to let off steam. This can be walking, gardening, swimming.
- At times when you're feeling happy about yourself and your life, try writing sentences of positive 'affirmation' on a piece of paper and keeping this on you. For ideas of the kind of things you might write down, think about what a good friend might say about you, or the kinds of things you might say to a good friend who's been through something similar. This can help you regulate feelings when you are low.
- Use relaxation techniques such as yoga or listening to music.
- Eat well - not eating well can make you feel irritable.
- Cut down on alcohol as it can affect your ability to cope with and control anger. It can also interfere with your mood, and the quality of your sleep.

Footsteps through our services for women survivors

Following your assessment, you will be offered counselling services. However, we have a waiting list for these.

We know that while you are waiting to see a counsellor, it is important that you are provided with additional support. You can choose to access all the various types of support or just one.

We know that the impact of sexual violence may also have affected your parents/partner. So, we have a specific support group for them.

For more info please email:
admin@jasminehouse.org.uk
or visit
www.jasminehouse.org.uk

After our first chat
we will arrange an initial

Assessment

You choose one or more of...



Company Number: **4381572**
Registered Charity Number: **1095540**

Counselling

- Face to face
- Telephone
- Online

Please talk to us regarding the different waiting times for each form of counselling.

Support Groups

 **Phoenix Project**
Women 19+
Support Group

 **Sphero Project**
Young Girls 13-18
Support Group

 **Parents & Family**
Support Groups

Support

- Telephone Helpline: **0116 255 8852**
- helpline@jasminehouse.org.uk
- Face to Face support
- text/sms support