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| **Who Can Help?**  [*Agency*] Victim Services can assist you with information regarding victims’ rights, Crime Victim Compensation, case status, navigation of the criminal justice system, and referrals to the appropriate community resources or helping professional or organizations according to your specific needs.  **Resources**   Local Resources  [*Insert state Crime Victims’ Compensation information*]  [*Insert other relevant local resources*]  National Resources  **Victim Information and Notification Everyday (VINE)**  1-877-894-8463  [www.vinelink.com](http://www.vinelink.com)  **Substance Abuse and Mental Health Services Administration’s (SAMSHA) National Helpline**  1-800-662-4357  [www.samhsa.gov](http://www.samhsa.gov)  **National Center for Victims of Crime**  202-467-8700  [www.victimsofcrime.org](http://www.victimsofcrime.org) | |  | | --- | | This publication was produced under [*Grant Number*] awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice. The opinions, findings, and conclusions or recommendations expressed in this draft publication are those of the contributors and do not necessarily represent the official position of the U.S. Department of Justice.  [*Revision Date*] | | |  | | --- | | **After An**  **Assault**  **[*Agency*] Victim**  **Adult Grief and Loss**  **Adult Grief and Loss**  **Services**  **[*address*]**  **[*phone number*]**  **[*Insert Agency logo*]**  **[insert Agency logo]**  **[insert Agency logo]**  **[insert Agency logo]**  Name/ID Number:  Direct Number: | |
| **Common Reactions**  Common reactions to an assault may include:   * Shock * Panic * Anger * Helplessness * Embarrassment * Sense of vulnerability * Sense of violation * Desire to seek revenge * Depression * Self-blaming   When the offender is a relative, friend, or acquaintance, the decision to report the crime can be difficult and your reactions may be more complex.  **Injuries**  You may have injuries because of this incident that you did not notice at first. Seek medical attention for injuries resulting from the crime and take initial and follow-up photographs of the injuries.  If you do not have visible injuries, it does not mean you were not victimized, or a crime did not occur.  You are encouraged to report changes in your ability to work to your employer and ask about leave options available to you. If you currently do not have a doctor or medical insurance, it is possible that victim services personnel can assist you in locating available resources in the community. | **Documentation**  Consider obtaining all treatment records resulting from the incident—ambulance, hospital, primary doctor, and pharmacy records. It is also good practice to save all receipts and bills related to or resulting from the assault.  These items may be important in the process of seeking restitution—a process through the court system in which a defendant (an individual accused of a crime in a court of law) is ordered to pay for the expenses related to the crime. A defendant must either plead or be found guilty before restitution will be considered.  Receipts and documentation may also be important when applying for assistance through Crime Victim Compensation—a program that may assist with certain out-of-pocket expenses that result from a crime.  **What May Help**  Although reactions to a traumatic event can be expected, the following tips may help:   * Refrain from excessive substance use. * Engage in regular physical activity when you are able to do so. * Maintain a proper diet. * Get regular rest. * Continue contact with colleagues, friends, and family—people who will listen supportively. * Be honest with yourself regarding your stress level and your ability to cope. | **Judicial System**  This may be your first involvement with law enforcement or the judicial system. It’s very common for people to expect what they have seen on television or in movies to apply to their current circumstances. Unfortunately, these expectations are often unrealistic or a distorted snapshot of how things truly operate.  There are laws and regulations in place aimed at protecting victims. For cases involving prosecution, court advocates may be available to provide information, education, and support that will help reduce your fears and uncertainties (e.g., discussing what to expect when you go to court).  Education and information about how the judicial system works, your rights, and your role can help you navigate these processes.  **Benefits of Counseling**  Some benefits to seeking counseling:   * Coping skills and strategies can help you to continue daily activities and relationships. * Establishing a support network can help to decrease the negative physical, psychological, and emotional effects that often result from traumatic experiences. * In a confidential setting, you can discuss topics such as:   + Safety planning and options for the future.   + The event and how it made you feel.   + Legal and judicial decisions. |