



Sexual Assault Survivors,  
**Reach Out**

**You Don't Have to Heal Alone**

Healing from a sexual assault can be isolating, overwhelming & confusing.

Your feelings are valid. Your process is unique.

**We are here to support you.**

Ready to have a conversation? Reach out to our 24/7 Helpline:

Call (866)522-2725 or Text (517)777-8005

All our services for sexual assault survivors are confidential and provided at no charge.

Learn more at: [lacasacenter.org/teencampaign2022](https://lacasacenter.org/teencampaign2022)

Campaign created by LACASA Teen Advisory Council



**LACASA**  
Compassion. Courage. Hope.