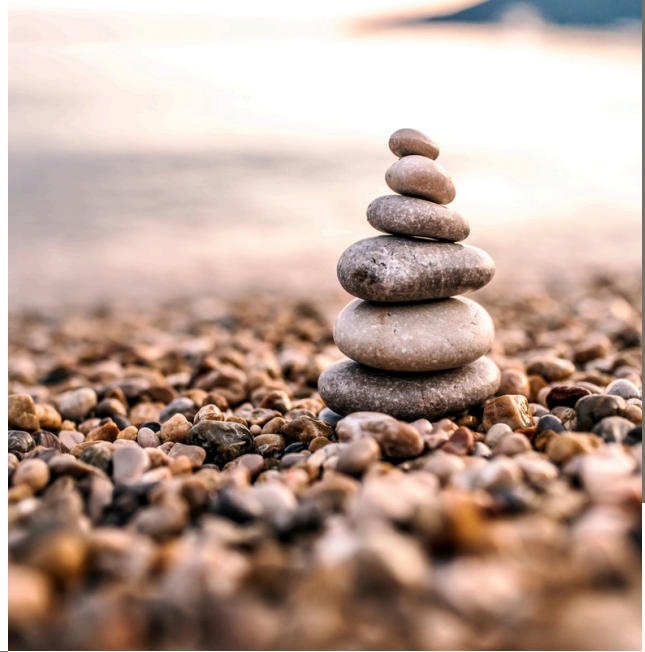


# Tips for Finding Mental Health Resources for Survivors of Sexual Violence

*Supportive Tips, Resources, and Considerations*

Developed by OAESV's Survivor Empowerment & Advisory Council & Staff



## Finding the Right Therapist

Consider whether the therapist has:

- Experience with sexual assault survivors – not just general trauma.
- Trauma-informed & evidence-based approaches:
  - EMDR (Eye Movement Desensitization and Reprocessing), Somatic Therapy, Sensorimotor Psychotherapy, Neurofeedback, and more.
- Additional certifications or training in PTSD or trauma-focused care.

## Tips for Choosing the Right Fit:

Not all therapy styles work for everyone—explore different approaches.

- ✓ Use free consultation calls to assess comfort.
- ✓ You don't have to let the therapist lead everything.
- ✓ Consider in-person and telehealth options.

*It's normal if the first therapist isn't the right one. Keep going.*

## Questions to Ask

- What's your experience treating clients who have experienced sexual abuse?
- How do you change your approach with these clients?
- What is your confidentiality policy?
- What types of insurance do you accept?



### Resources to Find a Therapist

[Psychology Today](#) – Use filters (e.g. trauma, sexual abuse, insurance, location).

Local rape crisis centers – May offer free, or sliding scale therapy or groups.



### Holistic Healing Modalities

Many survivors benefit from healing approaches beyond talk therapy. Consider trauma-informed yoga, poetry/spoken word, expressive arts, peer support groups, among other options.

Healing is not one-size-fits-all.

You deserve a provider who respects, listens to, and empowers you. Your safety and comfort are non-negotiable in your trauma recovery.

**Find your local Ohio rape crisis center at [www.oaesv.org/map](http://www.oaesv.org/map)**