

Vernon Township Mental Health Minute: Healing from Sexual Assault

If you or someone you know or love has experienced sexual assault, please know this: you are not alone, and support is available.

There are many paths to healing, and the right one looks different for everyone. Survivors may find support through trauma-focused therapy, cognitive processing therapy, a service called Eye Movement Desensitization and Reprocessing -- also known as EMDR, art therapy, supportive counseling, trauma-sensitive yoga, or group support programs.

For young survivors, play therapy, family therapy, and specialized counseling can provide safe and effective spaces for healing.

It's important to recognize warning signs that sexual assault has happened to a young person. Changes in behavior, fear of certain people, withdrawal, mood swings, sleep issues, or physical symptoms like unexplained injuries or infections can be signals that a child needs help and support.

The reality is that many survivors know their abusers, and most assaults happen in familiar environments. These statistics remind us why access to resources, awareness, and compassionate support systems are so critical.

Healing from sexual assault is possible. Support is available. And reaching out for help is a powerful first step.

If you or someone you know needs support, connect with a trusted organization, counselor, or crisis resource today.

To view resources available to Vernon Township residents, please visit **vtcmhb.org** and click on "*Agencies We Support.*"