



NORTH COUNTRY
HealthCare

creating healthier communities



Rape is *never* your fault and it is never too late to seek help

Resources

24 Hour Crisis Line
928.527.1900 or
1.877.634.2723

To report to your local police department call:
911

National Sexual Assault Hotline:
1.800.656.HOPE (4673)

24 Hour Crisis Line

928.527.1900
or 1.877.634.2723
www.northcountryhealthcare.org

**Northern Arizona
Center Against
Sexual Assault**

What is Sexual Assault?

Sexual Assault is any type of sexual contact without consent between two or more people regardless of their gender or marital status.

What is Consent?

Consent is when both parties verbally agree to participate in a sexual act. If at any time one of the participants says, "NO", then there is no consent.

What is the law in Arizona?

ARS 13-1406 A person commits sexual assault by intentionally or knowingly engaging in sexual intercourse or oral sexual contact with any person without consent of such person.

ARS 13-1401 The victim is incapable of consent by reason of mental disorder, mental defect, drugs, alcohol, sleep or any other similar impairment of cognition and such condition is known or should have reasonably been known to the defendant.



NORTH COUNTRY
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North Country HealthCare
NACASA

Program Coordinator
928.213.6112
2920 N. 4th Street
Flagstaff, AZ 86004

Crisis Line Services provided by
Northland Family Help Center



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*A Safe Place.
A Healing Place.*

For help call:
928.527.1900 or 1.877.634.2723



What is NACASA?



The Northern Arizona Center Against Sexual Assault (NACASA) is a safe place for victims of sexual assault age 16 and older to go for help and to explore their options after an assault.

Examinations are performed by doctors and nurses who are specially trained to provide medical forensic care immediately following an assault. NACASA examiners have received special training to provide comprehensive care to sexual assault victims and may provide expert testimony in court if a case goes to trial.

NACASA Provides:

- Medical/forensic examinations (Rape Kits) in a calm, quiet and confidential setting
- Medication to stop sexually transmitted infections
- Emergency contraception
- Sexual assault survivor support services including mental health counseling and support groups



Why is a medical/forensic examination needed?

Sexual assault is traumatic. You may be in shock and unaware of injuries. The forensic examiner will document and treat any injuries, creating a medical record of what happened to you. They will collect physical evidence from your body.

You will receive treatment to prevent sexually transmitted infections and prevent pregnancy. To be effective, medical treatment should be received as soon as possible.

What if I am not sure I want to report my assault to the police?

Should I still have the medical examination and evidence collection?

Even if you are unsure about whether you want to report the assault to the police or participate in prosecution, you should have evidence collected as soon as possible. By having the examination done as soon as possible evidence can be collected and stored - keeping your options open if you choose to report in the future.

Even if you don't want evidence collected, you should still be seen for a medical evaluation, pregnancy prevention and treatment for possible sexually transmitted infections.

What to do if you are sexually assaulted:

- **Find a safe environment** - anywhere away from the attacker. Ask a trusted friend to stay with you for moral support.
- Know that what happened was not your fault and that now you should do what is best for you.
- Seek medical/forensic help quickly. Get assurance that your body is okay and treatment for any injuries or infections.
- Do not shower, wipe, douche, brush your teeth, eat or drink anything, smoke or do anything else to wash away or destroy evidence.
- Keep wearing whatever clothes you have on.
- Bring along a change of clothing to NACASA – the clothing you are wearing may need to be taken as evidence.
- Wait until you arrive at NACASA to use the bathroom. Urinating can wash away evidence.



You can request a medical forensic examination from NACASA without reporting your assault to law enforcement by calling:

**928.527.1900
or 1.877.634.2723**