

You're Not Alone

Survivors of sexual assault can experience a wide variety of normal reactions to a traumatic event.

These reactions can include:

- Self-blame
- Sleeplessness
- Change in appetite
- Anger
- Hopelessness
- Easily startled
- Afraid
- Worthlessness
- Nightmares
- Crying

Without proper care and attention, traumatic events can lead to an increased likelihood of developing substance abuse and/or addiction; anxiety and/or depression and interfere with daily levels of functioning.

At Desert View, we offer survivor-centered trauma services including therapeutic counseling.



Hotline Numbers & Resources

All Emergencies	911
Dispatch	334-6622
Desert View Counseling.....	326-7878
Desert View Crisis	947-3645
Sexual Assault Services of NWNM.....	325-2805
SASNWM	1-866-908-4700
District Attorney's Office.....	325-7555
DNA Legal Services	325-8886
Farmington Police Advocate.....	327-7701
Bloomfield Police Advocate	632-6311
Sheriff's Department Information on Sex Offender Registry Website.....	334-6107

Other Services We Provide:

- Adult Counseling - Depression, Anxiety, Grief , Family Issues and Trauma
- Adult Substance Abuse - Individual, Family and Group*
- Parenting Classes - 6 Weeks, Evidence based curriculum
- Adolescent Counseling - including Individual & Family (10-18)
- Adolescent life skills, anger management and substance abuse groups
- Children's Counseling - including individual, family and play therapy (ages 3-9)
- Treatment for Sexually re-active youth (Adolescents have sexualized behavior including bullying) Ages 5-18.
- UA (Urine Analysis) for Adult and Adolescents
- Outreach and Community Trainings
- Emergency Funding for Victims Of Crime

Desert View

Family Counseling Services



**Providing Crisis Support,
Prevention and Recovery Services**

**2700 Farmington Ave.
Bldg F, Suite 1
Farmington, NM 87401
Office: 505-326-7878
Crisis: 505-947-3645**

admin@desertviewsas.org
www.desertviewsas.org

"...Helping stop the cycle of abuse in our community!"



“Every time I go, I feel like I’m progressing.”

- Survivor

Options For You

Sexual assault is a traumatic experience. To ensure your health and safety, and to give you legal options in the future, you may want to consider:

Having a SANE Exam within 72 hours:

Why? You may have serious injuries that you aren’t aware of and you can ask about medication to prevent pregnancy or Sexually Transmitted Diseases (STDs). Specially trained nurses can collect evidence for future prosecution.

Reporting the assault to Law Enforcement

Why? For possible future prosecution. To ensure the safety of yourself, your family and the community.

Getting tested for STD’s

Why? Some STDs do not cause physical symptoms. Getting tested will help ensure you are not at risk for future problems.

Talking to a trusted friend or Advocate

Why? Speaking with supportive friends and family helps you know that you are not alone.

Why Counseling?

Why? Appropriate professional care accelerates the healing process

Desert View Can Help

- A free, 24-hour crisis line
- One-on-one crisis intervention and counseling.
- Trauma informed therapeutic counseling services.
- Individual support at hospitals and law enforcement agencies
- Referral and resource information
- An annual Healing workshop for survivors & community providers
- Annual “Take back the Night” walk and candle light vigil.
- Sexual assault prevention and education throughout San Juan County
- All survivors services are confidential and at no cost to client.

What is Sexual Assault?

Sexual assault is any unwanted sexual activity that you don’t agree in situations when you are:

- Coerced
- Threatened or forced
- Unconscious
- Intoxicated
- Unable to consent in any circumstance for any reason

Sexual assault is a crime of violence, power and control.

