#### Vision

Justice for all crime victims.

#### **Mission Statement**

With compassion and respect, we assist victims of sexual assault, domestic violence, homicide, and other violent crimes through crisis response, advocacy, therapy, and community awareness.

#### Palm Beach County Victim Services

is a Certified Rape Crisis Center that provides therapy services to all crime victims in Palm Beach County regardless of the victims' race, sex, color, religion, national origin, disability, sexual orientation, marital status, familial status or gender identity or expression.

### Start by Believing

Start by Believing: A Public Awareness Campaign to Change the Way

We Respond to Sexual Violence in Our Community... one response at a time.

### YOUR REACTION MAKES THE DIFFERENCE.

When someone tells you they've been raped, there's a simple response. *Start by Believing.* 

## Palm Beach County Public Safety Department Victim Services Division

www.pbcgov.org/publicsafety/victimservices

### 24/7 SEXUAL ASSAULT VIOLENT CRIME HELPLINE

HELPLINE: (561) 833-7273 TOLL FREE: (866) 891-7273

#### Main Courthouse

205 North Dixie Hwy., Suite 5.1100 West Palm Beach, FL 33401 (561) 355-2418 option 3 TTY: (561) 233-2595

#### Victim Services SART Center

4210 North Australian Ave. West Palm Beach, FL 33407 (561) 625-2568 option 1 TTY: (561) 624-6520

#### North County Courthouse

3188 PGA Blvd., Suite 1436 Palm Beach Gardens, FL 33410 (561) 355-2418 option 3 TTY: (561) 624-6643

#### South County Courthouse

200 West Atlantic Ave., Suite 1E-301 Delray Beach, FL 33444 (561) 274-1500 TTY: (561) 274-1015

#### West County-Glades Courthouse

2976 State Road 15, 2nd Floor Belle Glade, FL 33430 (561) 996-4871 TTY: (561) 992-1113

Like Us on



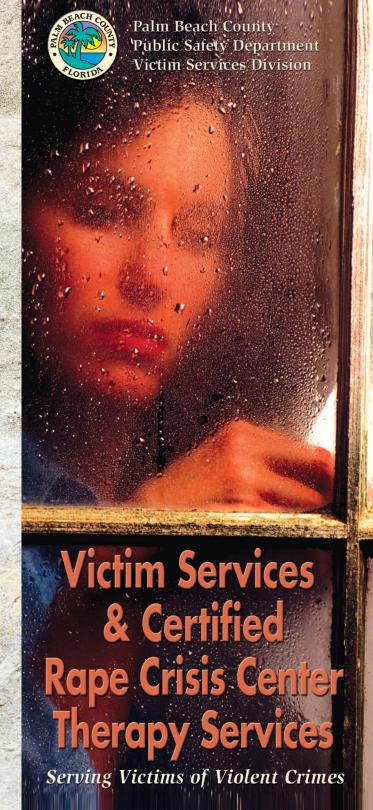
**PBCVictimServices** 

Services are funded through Palm Beach County Board of County Commissioners with grants from the Office of the Attorney General and Florida Council Against Sexual Violence



Palm Beach County Board of County Commissioners

Rev. May 2019









# Have You Been A Victim Of A Crime?

## Do You Experience Any Of The Following?

- \* Inability to fall or stay asleep?
- \* Feeling anxious or depressed?
- \* Having outbursts of anger?
- \* Inability to concentrate?
- \* Feeling emotionally numb?
- \* Loss of interest in the things you used to enjoy?
- \* Painful memories of the traumatic event?
- \* Bad dreams about the traumatic event?
- \* Flashbacks or a sense of reliving the events?
- \* Racing thoughts?
- \* Physiological stress response to reminders of the event? (pounding heart, rapid breathing, nausea, muscle tension, sweating)



Palm Beach County provides equality of services and care to everyone, regardless of people's age, disability, gender, gender identity, race, religion or belief or sexual orientation.

### Services Provided.

Free services include individual therapy for children and adults and adult-support groups.

If you are a crime victim or have been a victim of crime in the past and are considering therapy, we welcome your call.

Therapists are available for appointments Monday through Friday, excluding legal holidays.

#### Therapists Will Help You:

- Identify trauma reactions
- Explore the impact that trauma has on your daily life
- \* Reduce the intensity of negative emotional responses and symptoms
- Learn about common trauma reactions and phases in healing
- Feel hopeful and positive regarding the future
- Develop coping mechanisms to utilize when thinking or talking about the crime
- Experience a reduction of trauma symptoms
- \* Return to work or school
- Explore the impact on current and future relationships

# Therapy For Children & Teenagers

- Assessment and treatment for child victims of crime
- Therapeutic interventions that teach child safety
- Play Therapy
- ❖ Assistance for parents during this difficult time

#### Signs Of Trauma In Children

- Sadness: The child may feel despondent or hopeless. The child may cry easily or withdrawl isolate from others.
- Loss of interest in activities: The child may complain of feeling "bored" or reject offers to participate in activities they have previously enjoyed.
- Anxiety: The child may become anxious and, tense, and feel panic.
- ❖ Turmoil: The child may feel worried and irritable. The child may lash out in anger resulting from the distress he/she is feeling.
- Regression: The child may revert to acting like a baby, bedwetting, clinging and demanding extra care.