

## Seeking Support After Sexual Violence Is Vital to Your Wellbeing

Stígamót is a center for survivors of sexual violence that provides **free** and **confidential** counselling.

You will meet with a trained professional in an accessible and warm environment that welcomes diversity.

### What is sexual violence?

Sexual violence includes any sexual acts done without your consent or against your will. It can also include being forced, deceived or coerced into sexual activity.

### Different forms of sexual violence include:

Incest and sexual abuse of children

Rape

Sexual Harassment

Online sexual abuse

Violence in intimate relationships

Stalking

Prostitution

Human trafficking

Pornography

**If a past experience still makes you uncomfortable you are welcome to seek help.**

In most cases, the perpetrator of sexual violence is someone you know: a friend, partner, family member or co-worker.

**Sexual abuse can happen to anyone.**

**The perpetrator is the only one responsible for the sexual violence.**



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**Experiencing sexual violence can result in different reactions and aftereffects – they vary from one person to the next.** It is normal to feel anything from low self-esteem, depression, anxiety, shame and guilt, to experiencing sexual difficulties, various physical symptoms, relationship and communication problems, and engaging in substance use.

**Attending counselling sessions can bring about increased self-esteem, and relieve feelings of depression, anxiety and stress, related to the trauma.**

Counselling sessions are available in Icelandic, English and Scandinavian languages. **Interpretation is provided free of charge, if needed.**

**It's never too late for you to seek help.**

**You can call now.**