

**WHERE IS THE SUPPORT SYSTEM?**  
AFTER SEXUAL VIOLENCE?  
csdestek.org

**SOURCES** **GUIDE ME** **EMERGENCY SUPPORT**

If you are unsure about what information you particularly need on **csdestek.org**, you can use the "GUIDE ME" button on the home page. This section helps you reach the information about the violence you have been exposed to quickly.

You can reach the numbers of the domestic hotlines to call in case of violence through the EMERGENCY SUPPORT on the home page. The SOURCES section offers links to videos, brochures, and similar visual materials – in Turkish or with language support-.

The sources here can consist of materials prepared by public institutions (e.g the website on victims' rights prepared by the Ministry of Justice) or non-governmental institutions. They may contain information on different types of sexual violence. You can also recommend the sources you have consulted through CONTACT.

**GET INFO**

- About Us
- Sexual Violence; Definition, Types, Concepts
- Myths vs Facts
- Frequently Asked Questions

Under the **get info tab**, you can be informed about what sexual violence is, and you can also get information about types of sexual violence and related concepts. Besides, you can receive information on the things that people miskonw about sexual violence, reach the facts and examine the answers to frequently asked questions.

**APPLICATION PROCESSES**

- "I have been exposed to sexual violence..."
- "I have decided to make a complaint..."
- Where to apply

Under the **Application Processes tab**, there is information on the steps to follow after sexual violence or attack, and also information that would help you evaluate certain options. The information here is not only related to the notification process. This is a personal decision, and people might have different conditions and hesitations after they have been subjected to violence. In this section, you can reach information about where and how to reach the support you need whether you decide to notify the violence or not. The medical and legal procedures detailed under the application process are aimed at individuals at and over the age of 18.

**ISTANBUL UNITS MAP**

- About the map
- How can I use the map?
- Display the map
- Notify error/ Add a unit to the map

**Istanbul Units Map** offers detailed information about the addresses, telephone numbers, office hours and services of the institutions and organizations where we can have recourse to after sexual violence. The map covers the related legal institutions, health institutions, social service centres, police stations and helplines. Besides, it shows the units opened within some universities to serve for the communities of those universities exclusively in case of sexual assault and harassment. You can do a search using the filters on the map. You can select the unit from which you want to receive service based on the district, type of service, work hours and specificities of service. You can reach the units that provide support or offer services aimed at a specific group such as children, LBGTI+, refugees, people with disabilities, women and animals.

**SELF-HELP**

- What is self-help?
- Defining and Making Sense
- Coping and Healing

Under the **self-help section**, there is information on self-help that can contribute to the healing/recovery process after violence. This section contains information, recommendations and practices that can help us support ourselves or an acquaintance. The information provided here is intended for anyone who has survived any form of sexual violence. Of course, every single individual has a different experience. Therefore, you can think about what particular information is similar/close to your experience and questions and then focus on the recommendations that can help you. Recovery from sexual violence might require patience, efforts and courage. Read the information provided here at your own pace; fast or slow...

# WHERE IS THE SEXUAL VIOLENCE SUPPORT SYSTEM? WEBSITE (CSDESTEK.ORG) HAS BEEN PREPARED BY CONSIDERING THE NEEDS OF PERSONS AND THEIR ACQUAINTANCES WHO HAVE BEEN SUBJECTED TO SEXUAL VIOLENCE.

At [csdestek.org](http://csdestek.org); there are general information about sexual violence, information on the hospitals, police stations and similar processes that we may need in the process of reporting violence and getting support, and self-help information that we can use in the process of healing ourselves.

[csdestek.org](http://csdestek.org) also includes a service map including Istanbul Sexual Violence Support Units. From this map, the type of services of various institutions and units and their contact information from which survivors of sexual violence can receive support.

**YOU CAN GET DETAILED INFORMATION ABOUT THE LEGAL INSTITUTIONS, SOCIAL SERVICE CENTRES, NON-GOVERNMENTAL INSTITUTIONS, HEALTH INSTITUTIONS, POLICE STATIONS, HELPLINES AND RELATED UNITS AT UNIVERSITIES, WHERE YOU CAN APPLY FOR IN CASE OF SEXUAL VIOLENCE AND HARASSMENT, THROUGH ISTANBUL UNITS MAP ON CSDESTEK.ORG**

# NO MATTER WHERE AND HOW VIOLENCE COMES FROM, IT IS NOT OUR FAULT. VIOLENCE IS THE FAULT OF THE PERPETRATOR ONLY

What is important is to know that we are not alone and we can seek help; is to be aware of the presence of individuals and living beings that can support us without judgement and criticism.

# “IT IS UP TO ME TO MAKE A COMPLAINT OR NOT.”

The absence of notification of violence does not mean the absence of violence. Justice is served not only when the perpetrator is punished, but also when we can reach the support and services we need and HAVE THE RIGHT TO.

# SELF-HELP STARTS AT THE MOMENT WE REALIZE, DEFINE AND DEMAND WHAT IS GOOD FOR US AND WHAT WE NEED.

We can support each other, and we can love and take care of ourselves just as we need professional help.

We can try out diverse methods and understand which one makes us feel good and heals. We can also benefit from the recommendations in various sources.

**WE CAN SUPPORT EACH OTHER, AND WE CAN LOVE AND TAKE CARE OF OURSELVES JUST AS WE NEED PROFESSIONAL HELP. WE CAN TRY OUT DIVERSE METHODS AND UNDERSTAND WHICH ONE MAKES US FEEL GOOD AND HEALS US. WE CAN ALSO BENEFIT FROM THE RECOMMENDATIONS IN VARIOUS SOURCES.**

## WHERE IS THE SUPPORT SYSTEM? AFTER SEXUAL VIOLENCE?

- We believe in the survivors of sexual violence. We are not alone...



[csdestek.org](http://csdestek.org)



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