

## Statewide Resources

Iowa Sexual Abuse Hotline

800-284-7821

Iowa Coalition Against Sexual  
Assault (IowaCASA)

515-244-7424

Crime Victim Assistance Division

515-281-5044

Iowa Domestic Violence Hotline

800-942-0333

Iowa Coalition Against Domestic  
Violence (ICADV)

515-244-8028

Deaf Iowans Against Abuse (DIAA)

515-867-8177 (Text Only)

866-867-8987 (Video phone)

## National Resources

National Sexual Assault Hotline

800-656-HOPE

National Domestic Violence  
Hotline

800-799-SAFE

800-787-3224 (TT)

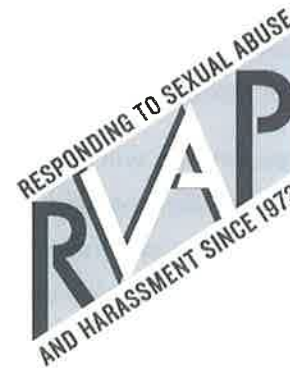


**ISAH**

**Iowa Sexual  
Abuse Hotline**



**Iowa Sexual Abuse Hotline**



**RVAP**

**ISAH**

332 S. Linn St.,  
Suite 100  
Iowa City, IA 52240

Phone: 319-335-6001

Fax: 319-335-6057

E-mail: [isah@uiowa.edu](mailto:isah@uiowa.edu)

**Access:**

**Optimal Phone Interpreters**

**Relay Iowa:**

711

800-735-2942 (TT)

800-735-2943 (Voice)

**Email: [isah@uiowa.edu](mailto:isah@uiowa.edu)**

## Iowa Sexual Abuse Hotline

The Iowa Sexual Abuse Hotline (ISAH) is a 24-hour crisis line staffed by trained sexual assault advocates. Advocates can provide a safe space to talk, supportive listening, and information about services across the state for sexual abuse survivors and their significant others.

The ISAH can refer callers to their local sexual assault center, domestic violence center, shelter, hospitals, law enforcement agencies, and local County Attorney. This gives callers the option to learn more about centers in their areas, or to seek direct services from the nearest sexual assault center.

Sexual assault centers in Iowa provide services, including individual counseling, support groups, in-person medical and legal advocacy, community education, and volunteer opportunities.

## Sexual Abuse

Sexual abuse affects every facet of a victim's life. Survivors of sexual abuse are entitled to a resource that can provide supportive listening, information and a referral to their local sexual assault center.

One in three women will experience a sexual assault in her lifetime, and one in six sexual abuse victims are male. Sexual abuse also affects partners, friends and family members.

Sexual abuse involves a wide variety of experiences. The common thread among all types of sexual abuse is that violators/perpetrators take power and control away from the victim. Whether the abuse is harassment, an obscene phone call or rape, the violator is in control over what happened.

*The Iowa Sexual Abuse Hotline is a 24-hour crisis line providing support, information and referral services to victims/survivors of sexual abuse, as well as significant others, friends and family. All services are free, confidential and available to women, youth (over 12 years old) and men.*



**Iowa Sexual Abuse Hotline**

*The Iowa Sexual Abuse Hotline operates out of the Rape Victim Advocacy Program, Iowa City, Iowa. The hotline was made possible through a grant from the Iowa Attorney General's Office, Crime Victim Assistance Division.*

**ISAH**

332 S. Linn St.,  
Suite 100  
Iowa City, IA 52240  
Phone: 319-335-6001  
Fax: 319-335-6057



## **Iowa Sexual Abuse Hotline**

If you or someone you care about is a survivor of sexual abuse, call to receive confidential support, information and referrals.

**Staffed 24 Hours**

**Optimal Phone Interpreters  
Relay Iowa**



## **Iowa Sexual Abuse Hotline**

Si usted o algún conocido es un sobreviviente del abuso sexual, llame para recibir apoyo, información y orientación en privado.

**24 Horas**

**Interpretes de Optimal Phone  
Relay Iowa**



**Iowa Sexual Abuse  
Hotline**

## **Support - Information - Referral**

Sexual Abuse involves a wide variety of behaviors where sex is used as a weapon or as a threat. This includes: obscene phone calls, exhibitionism, window peeping, catcalls, harassment, attempted rape, rape and childhood sexual abuse.

**You are not alone!**

**1 in 4 women**

**1 in 6 men**

**are sexually victimized.**

**Sexual assault is never the  
victim's fault!**

**There is help available.**

**Iowa Sexual Abuse Hotline**

**24 hours**

**1-800-284-7821**

**Relay Iowa - Language Line**

**Free and Confidential**



Iowa Sexual Abuse  
Hotline

## **It Can Happen to Anyone!**

### **It is rape even if:**

- I didn't resist physically.*
- I used to date the attacker.*
- I am married to the attacker.*
- I don't remember the assault.*
- I was asleep or unconscious when it Happened.*
- I was drunk.*
- The attacker was drunk.*
- I was under the influence of drugs.*
- The attacker was under the influence of drugs.*
- I couldn't say "no."*

### **Common feelings and reactions include:**

Self-blame. Fear. Memory loss. Nightmares. Flashbacks. Guilt. Shame. Anxiety. Shock. Mood swings. Difficulty in school. Isolation. Decreased interest in things you previously enjoyed. Difficulty sleeping. Denial. Shame. Numbness. Difficulty eating. Promiscuity. Anger. Feeling out of control.

Written by Rape Victim Advocacy Program  
Adapted from the Rape, Abuse, & Incest National Network  
(RAINN)