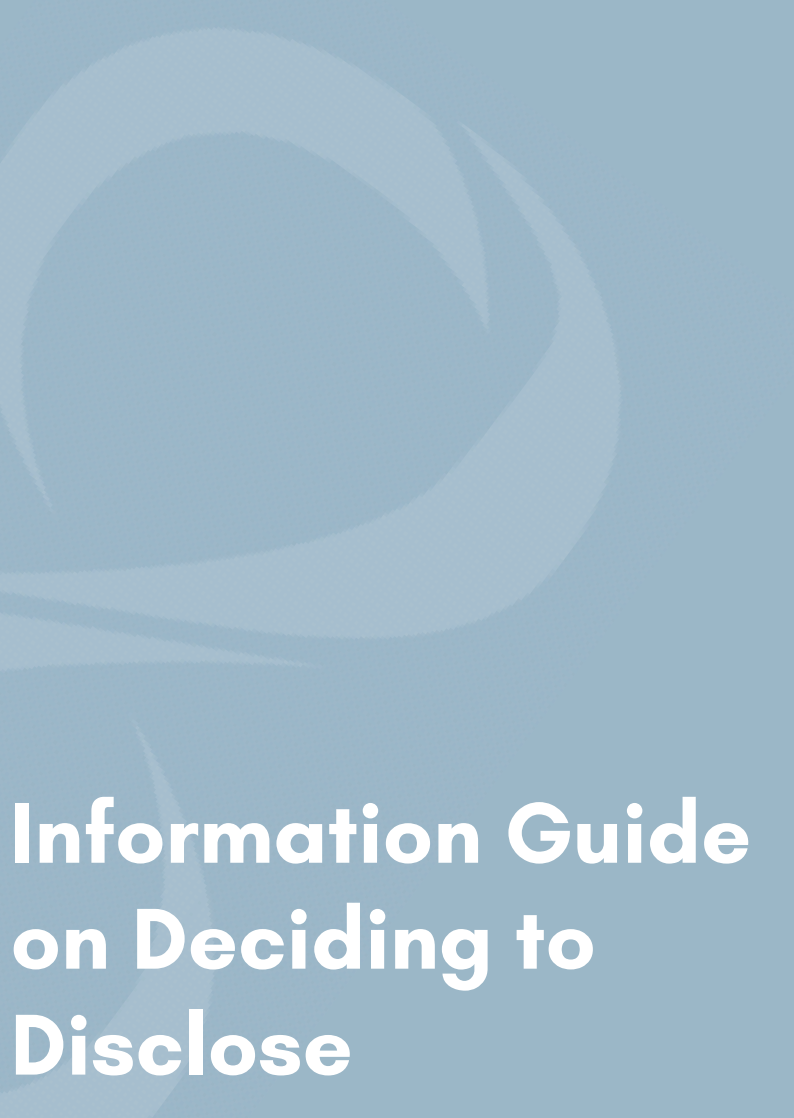




Information Guide on Deciding to Disclose

Deciding to disclose?

The person who abused you may have made threats to hurt or kill you, or people or animals you care about, or made some other horrible threat. At that time, not telling anyone about the abuse you experienced may have been the safest thing to do, and besides, you may not have felt like you had anyone to tell in whom you could trust.

Sometimes survivors of abuse do try and tell someone but the response they receive may not always have been supportive or helpful. Sadly, sometimes, survivors may have not been believed. Then it becomes very hard to ever pluck up the courage to disclose to anyone else.

Remember – it is never too late to talk.

Who to tell?

As part of your self-care, it is important to consider who the right person is to disclose to. Not everyone you know will be ready to hear about your experiences or how they have impacted upon you. Even people close to you may not always know how best to support you in the way you would like.

You may choose to tell:

- A trusted friend or family member
- Online survivor's groups and forums
- Survivors meeting / support groups
- Counselling through NHS, Rape Crisis Centre, GP or Private Therapist

It can be useful to ask yourself;

- What response am I wanting from this person?
- Who will be able to hear what I am saying?
- How might I help this person prepare for what I am about to say?
- What are my worries and concerns?
- How can I manage my expectations of what will happen when I tell?
- How might I take care of myself, particularly if I don't get quite the response I am looking for?
- How might I prepare myself for how I might feel afterwards?

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