

It is not your fault

Sexual assault survivors often feel as if they are to blame or think they could or should have been able to prevent the assault. But sexual assault is a crime, and the perpetrator is the one responsible. Help is available. The most important thing you can do is get support. You can confide in a friend, partner, family member or anyone you trust. Reach out to those who can help — a sexual violence advocate, a victim witness advocate, a crisis hotline or a counseling agency. They can have someone accompany you to the hospital, the police, prosecutor's office or to court.

It is also important to seek medical assistance. You may have sustained serious physical injuries you are not aware of during the assault. You may be at risk for sexually transmitted infections or pregnancy.

Talking about your feelings is never easy, but it is the key to healing, no matter how long ago the assault occurred. Most victims find they feel better if they have the opportunity to discuss confidentially and freely any issues or emotions they are experiencing because of their victimization.

Victim Resources in Hudson County

*Office of Victim Witness Advocacy
Hudson County Prosecutor's Office
(201) 795-6508*

Jennifer Morgan
Adult Sexual Assault/VRF Liaison
(201) 795-6400 ext. 6956
HudsonVW@hcpo.org

Luz Fontanez (Spanish Speaking)
Adult Sexual Assault/VRF Liaison
(201) 795-6400 ext. 6696
HudsonVW@hcpo.org

Taryn Lynch
Child Sexual Assault/VRF Liaison
(201) 795-6400 ext. 6700
HudsonVW@hcpo.org

*FNE (Forensic Nurse Examiner)
Hudson County Prosecutor's Office
(201) 795-6400 ext. 6884*

*Hudson SPEAKS
(Rape Crisis)
(201) 795-5757*

*NJ Coalition Against Sexual Assault
(NJCASA)
1-800-601-7200*

*Victims of Crime Compensation Office
(VCCO)
(973) 648-2107*

*National Sexual Assault Hotline
(RAINN)
1-800-656-HOPE*

*Manavi
(732) 435-1414*

Information for Victims of Sexual Assault



HUDSON COUNTY PROSECUTOR'S OFFICE

595 Newark Avenue
Jersey City, NJ 07306
Telephone: (201) 795-6400

Office of Victim Witness Advocacy

(201) 795-6508

What is Sexual Assault?

Sexual violence can be a severe physical, emotional, and sometimes life-threatening trauma. It encompasses a wide range of unwanted sexual activities and can happen to anyone regardless of, racial or cultural background, gender, identity/expression, sexual orientation or socioeconomic status.

It is not unusual to have a wide range of feelings afterwards, including anger, anxiety, depression, and distrust. If you are a victim of sexual assault, you might feel numb. You may have flashbacks, fear for your personal safety, and experience changes in eating and sleeping. You may also experience memory problems and be unable to remember some, or all, of the assault. You may be unable to concentrate, or you may feel irritable. It may even be difficult to complete routine chores. You might not trust people as you once did, even those closest to you.

It is important for you to know and remember that these reactions are common responses to your trauma. For most victims, these symptoms decrease over time. Eventually, you will be able to get back into a more normal routine, although you may occasionally have setbacks. It is important for you to know that help is available.

What to Expect if Reported

The choice to speak with others about the crime, including law enforcement, is up to the victim. If you do choose to report the sexual assault, this is what to expect:

- Law Enforcement Officer will conduct an interview with you.
- You may be asked if you want a Forensic Sexual Assault Examination.
- Law Enforcement may attempt to Interview the suspect.
- The suspect may or may not give a Statement.
- Law Enforcement will investigate.

Sometimes it is hard to decide whether or not you want to talk about the assault. A counselor, whose services are confidential, can help you weigh your options in making this decision. Your needs and desires are extremely important. With your cooperation, authorities may be able to apprehend and prosecute the perpetrator.

If you have questions about the status of your investigation, please contact the Special Victims Unit detectives at (201) 915-1234.

If you have questions about the prosecution of a charged case, please contact Assistant Prosecutors John R. Mulkeen (x6564) or Jane Weiner (x6570) at (201) 795-6400.

Additional Protections

NICOLE'S LAW

If charges are authorized, a victim of sexual assault can request a Sex Offense Restraining Order (SORO) pursuant to N.J.S.A. 2C:14-12, N.J.S.A. 2C:44-8, also known as Nicole's Law. Under these laws, defendants charged or convicted of sexual offenses can be prohibited from having any contact with the victim.

OTHER RESTRAINING ORDERS

Even if there are no criminal charges filed, a victim may still have the ability to apply for a protective order under the "Sexual Assault Survivor Protection Act of 2015" (SASPA) or a Restraining Order under the "Prevention of Domestic Violence Act of 1990."

In order to obtain more information, call the Superior Court Family Division in Hudson County at (201) 748-4400 or use the links below:

https://www.njcourts.gov/forms/12590_saspa_kit.pdf

https://www.njcourts.gov/selfhelp/selfhelp_domesticviolence.html#fa