

# We believe you and we care.

*Talk to your healthcare provider about unwanted sexual experiences.*

As with all traumatic events, experiencing unwanted sexual contact can lead to both short-term and long-term health effects, including but not limited to:

- Persistent fatigue
- Anxiety and depression
- Difficulty sleeping and nightmares
- Chronic heart, lung, liver, and auto-immune issues
- Increased use of alcohol and drugs
- Nausea, gastro-intestinal distress, and changes to appetite or digestion

## When and how can you talk to your healthcare provider about unwanted sexual experiences?

The short answer is: whenever and however you feel comfortable. There is no right or wrong time or way to share any part of your history with your healthcare providers. This includes providers you've had a long relationship with, and providers who are brand new to you. If you're not sure how to get the conversation started, try phrases like:

*"I know that past traumatic experiences can affect someone's health for a long time. Can I share something with you so we can work together better?"*

*"I'd like to tell you about something that happened to me, because it's important to my health."*

