

Self-Help Kit

for Migrant and Refugee Survivors /
Presumed Survivors of Sexual Violence

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Introduction

Sexual violence is a serious violation that can happen to anyone, regardless of age, gender, or background. If you or someone you know has experienced unwanted

sexual contact, it's important to remember that **you are not alone**. Many people face similar challenges, and support is available — even if you're not ready or able to ask for it openly.

Recognizing Sexual Violence

Sexual violence includes any unwanted sexual act or behavior forced upon you without your consent. It can take many forms, such as:

-  Unwanted touching or groping
-  Coerced or forced sexual acts
-  Sexual exploitation or trafficking
-  Sexual harassment or verbal abuse
-  Sexual violence in detention or conflict settings

You might not always feel safe or ready to talk about it. That's okay. What matters is recognizing that what happened was not your fault.

Common Reactions to Sexual Violence

Everyone reacts differently. Your feelings and experiences are valid.

You might experience:

-  Shock, confusion, or numbness
-  Anger, sadness, or guilt
-  Fear or anxiety, especially in certain places or situations
-  Difficulty trusting others or feeling isolated
-  Physical symptoms like headaches, stomach pain, or exhaustion
-  Trouble sleeping or nightmares

If you notice these feelings, know they are normal reactions to trauma. **Healing takes time.**

What You Can Do for Yourself

Take Care of Your Body

- Try to eat regularly and drink water
- Rest as much as you can
- Practice sport you like or stretching if you feel up to it
- Avoid alcohol or drugs as ways to cope—they can make things harder in the long run

Build Small Support Networks

- Reach out to trusted friends, family members, or community leaders if possible
- Join safe community groups or peer support, if you feel comfortable
- Remember: support can be informal and doesn't always mean sharing everything

Know Your Boundaries

- It's **okay to say no** and protect your personal space
- You have the right to **choose who you trust** and what you share

Finding Help Safely and Anonymously

Seeking support can feel difficult due to fear of stigma or judgment. In Lithuania, you can access confidential help through anonymous helplines with trained counselors available in multiple languages, including Lithuanian. When seeking medical or legal assistance, remember that your privacy is protected by confidentiality rules, and many NGOs offer free or low-cost services for migrants and refugees. It can also help to reach out to trusted friends, community leaders, or NGO workers who can guide you safely. In emergencies, dial 112 for immediate, professional assistance available to everyone.

Useful Contacts and Resources Emergency services 112 for urgent help

www.prabilk.lt

Anonymous helpline and online chat for confidential counseling

www.redcross.lt

Offers psychosocial support and assistance for refugees and migrants

www.refugeeslt.com

Information and resources for refugees and asylum seekers

<https://lithuania.iom.int/lt>

Support services for migrants and refugees, including legal aid and social support

www.specializuotospagalboscentras.lt

Confidential resource for victims of domestic violence

Remember – You Are Not Alone

Healing from sexual violence is a journey, and it's okay to take it step-by-step. Your experience does not define you, and you deserve care, respect, and support—on your own terms.