



How To Recover From  
**The Trauma Of  
Child Sexual  
Abuse**

TAMARA MENTAL HEALTH SERVICES

Have you experienced child sexual abuse?

**You are not alone,  
you can become whole again.**

In India, even today,  
a child is sexually abused  
*every fifteen minutes.*



## Steps to help you recover from the trauma of child sexual abuse

- **Know** that it was never your fault.
- **Acknowledge** that it is normal to experience feelings of shame, guilt, anger and fear, which can be overwhelming.
- **Tell yourself** that you are on the road to recovery.
- **Give** yourself hope. It may take time to heal, but it is not impossible.
- **Decide** to get help. Getting help doesn't make you weak!
- **Trust** again. Trusting someone may feel like a big effort, but remember not everyone is untrustworthy.
- **Talk** to someone who believes your story and is equipped to guide you through your healing process.
- **Believe** that life can be beautiful again.



Get started on your road to healing  
by talking to one of our counsellors at:

**TAMARA  
MENTAL HEALTH SERVICES\***

Write: [counsellinghelpline@gmail.com](mailto:counsellinghelpline@gmail.com)

Call: +91 73973 98989

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