

# Clarifying how to use counseling

In order to help autistic survivors (and others who may be unsure about what to bring to the counseling session) here is an example of an outline that can be shared.

**Here are some of the things we can talk about in counseling:**



## Safety

- Concerns related to the perpetrator or their friends
- Decisions about reporting the sexual assault
- Feelings of wanting to hurt someone else or yourself
- Behaviors that might impact safety such as use of drugs or alcohol



## Health

- Immediate health concerns related to the assault including injury, pregnancy or STI's
- Worsening health and/or mental health related to anxiety, depression, eating disorders, substance use
- Important areas of healthy functioning such as how you are eating and sleeping and taking any regularly prescribed medications



## Living situation and social life

- If the assault has negatively impacted your living situation in some way
- If you find yourself withdrawing from relationships, social groups, sports or other people and activities you previously enjoyed
- If you are unsure (or thinking about) who to talk to about the assault
- Issues related to your family, identity, or culture



## Academics

- If you are finding that you are having a harder time concentrating and studying
- If you are having trouble attending class
- If you are falling behind in assignments