



# Sexual Assault Watchdog: Survivor's Guide

*Heidi Carlisle*

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## **Sexual Assault Watchdog: Survivor's Guide** Heidi Carlisle

This is the only book providing sexual assault survivors with an abundance of resources for free advocacy, free monetary assistance, free safety programs, free specialized mental health services, and lasting support. This is also the only book that will tell survivors about how to compensate for some of the gaping loopholes that exist in State programs designed to provide you with safety from rapists, stalkers, and violent criminals. The trauma of sexual assault and the heart-wrenching experience of secondary victimization inflicted by the rape culture and criminal justice system is something survivors do not have to go through. Learn how to navigate the criminal justice system and find a rape culture free environment to thrive in. Knowledge about the resources available to sexual assault survivors and overcoming the criminal justice system is empowering. Through my experience of being sexually assaulted on more than one occasion, seeking true advocacy, and having a burning desire to overcome a broken life, I overturned every stone to find happiness, safety, and support. Not one single person or specializing advocate I spoke with provided me with all the information contained in this book. It took years of intense research and experience as a survivor who truly wanted and needed to know. I also fought for my rights as a victim to the Supreme Court of New Hampshire and won. I am an independent survivor advocate who overcame the many obstacles that plagued my path to recovery and a better life. You get the benefit of my personal experiences, opinions, and true hope. I survived a seriously broken life. I know you can survive too! It is an honor for me to write this book for you.

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