



TAKE
CARE OF
YOURSELF

All forms of sexual violence or harassment can have an impact on anyone. As you take the My Voice survey, be sure to take care of yourself too.

- ▶ Be in a physical space that feels okay to recall events
- ▶ Take breaks (you can stop and start the survey as much as you need)
- ▶ Have a self-care plan in place for after the survey
- ▶ Self-care suggestions: get some fresh air, drink some water, write in a journal
- ▶ Connect with support

UCB Care Line

510-643-2005

Bay Area Women Against Rape

510-643-2005

Family Violence Law Center

800-947-8301

Take the survey: MyVoice.berkeley.edu