HEALING IS NOT LINEAR
Dedicated to all survivors as you embark on your journey of healing and recovery.

You are loved.
You are worthy.
You are enough.
Each year, the NC State Women’s Center recognizes Domestic Violence Awareness Month\(^1\) (DVAM) with a full slate of programs and events throughout the month of October. This October, we were challenged to think of new and creative ways to do things differently in response to the COVID-19 pandemic that has swept across the country since the spring of this year. The pandemic has caused disruptions in everyday lives - from wearing masks to social distancing, online classes and working from home - and our NC State community has had to respond and adapt. These disruptions, unfortunately, have also affected those in our community impacted by interpersonal violence (including but not limited to sexual assault, sexual harassment, domestic or dating violence, childhood sexual abuse, or stalking). Nationally, reports of domestic and dating violence have rapidly increased - caused in part by factors such as increased stress, isolation, rising unemployment, among many others.\(^2\) In light of this increase, Domestic Violence Awareness Month is more important than ever.

This first edition of “The Colors of Healing,” is one way in which our community has chosen to respond and adapt during COVID-19 in order to continue raising awareness about the prevalence of interpersonal violence (IPV), and work towards creating a “new normal” in order to continue to support one another, promote healing and recovery from both collective and individual traumas, and work towards ending IPV in our community. NC State students, faculty and staff who have experienced any form of IPV were invited to participate by creating their own original design - using words, phrases or imagery - that helped in their individual healing and recovery. Participants were encouraged to submit designs representing their personal experience and/or identity, and support survivors inclusive of all gender identities, sexual orientations, racial identities, national origins, and lived experiences. Submissions were also open to individuals who have experienced IPV but do not identify with the label “survivor.” In addition, “secondary survivors” (friends, family members or close loved ones of a

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\(^1\)Visit go.ncsu.edu/dvam for more information.
survivor) were invited to create submissions because we recognize that secondary trauma of IPV can impact individuals, relationships and communities. All submissions were anonymous to ensure privacy and reviewed by Women’s Center staff.

It is our hope that the process of creating a design was a grounding practice of mindfulness through artistic expression for individuals in our community during this particularly challenging time. It is also our hope that the compilation of designs, together as “The Colors of Healing,” will remind survivors that while your journey is unique, you are not alone. As you flip through the pages of this book and fill in the shapes, phrases and imagery, pay attention to the lines, outlines, words and phrases drawn intentionally by the hands of survivors who came before you. Your experiences are your own, yet, we are stronger when we heal together.

This compilation of designs should also serve as a reminder that IPV is prevalent and pervasive and it takes each and every one of us to work towards creating a “new normal” - a world where survivors are safe to come forward and speak their truth, believed when they do, and ultimately, a world free from interpersonal violence.

In solidarity,

NC State Women’s Center

** If you or someone you know is experiencing relationship violence, sexual violence, stalking or any other form of interpersonal violence and are in need of advocacy services, the NC State Women’s Center has trained advocates available to offer crisis intervention, emotional support, resources, and referrals. Students can contact the 24/7 Sexual Assault Helpline at 919-515-4444 or ncsuadvocate@ncsu.edu to be connected with an advocate for remote support via phone, Zoom or Google Hangout. Advocacy services through the NC State Women’s Center are available for all students inclusive of all gender identities and sexual orientations.

For more information on advocacy services, please visit go.ncsu.edu/supportsurvivors. You may also visit go.ncsu.edu/safe for additional information on resources and reporting options.
“For everyone who thinks that growth isn't possible - you're resilient, you're worthy, and you're enough!”

NC State Student
“For all of my friends who have had to heal.”
“For all those who still haven’t told their story.”

"It takes time, it takes practice. It takes love."
- Maza Dohta
LOVE YOUR SELF.

“For all the friends who have surrounded me with so much love, support, and happiness during my journey to healing.”
NC STATE UNIVERSITY
Women's Center
go.ncsu.edu/supportsurvivors

NC State Staff
“This goes out to me; for learning to love myself, and for carrying myself so bravely through the pain and healing.”
“The healing power of music.”
I can grow

despite the
conditions of
my past

“For those who still can’t speak out.”
(fill in the blank)

is a gift

in my life.

“For Tinker.”
These flowers born from me are the breaths I still take.
“Your story is valid and deserves to be heard - when and to whom you want to tell - whenever you are ready.

You are worthy of so much love and support.

To those who believed in me, thank you for helping me fight.”
she
has
been through
hell.
so believe me when
I say,
fear her when she looks
into a fire and smiles.

e. corona
ONE DAY AT A TIME...
Heal at your own pace
You are not alone
“For all the friends who have surrounded me with so much love, support, and happiness during my journey to healing.”

YOU ARE NOT ALONE.
It's okay to cry.

I know I am safe now.

Brb.
I am more than an embodiment of my trauma
I survived.
breathe deep
YOU ARE MAGICAL.
We become free from the past the moment we are no longer holding on to the feeling that it should have been different.

* For survivors who left abusers.

“For survivors who left abusers.”

NC State Staff
I'm taking back control
my body, my life, my future
YOU ARE NOT ALONE
I see you
I hear you
I believe you

#BelieveSurvivors

WOMEN’S CENTER

go.ncsu.edu/supportsurvivors
Stay Connected with the
NC State Women's Center

Contact Us

Location and Hours: Talley Student Union, Suite 5210
Monday - Friday 8 a.m. - 5 p.m. (virtual)

Phone: Main Office: 919.515.2012
24/7 Helpline: 919.515.4444

Email: Main Office: womens-center@ncsu.edu
Survivor Support: ncsuadvocate@ncsu.edu

Website: Main Office: www.ncsu.edu/womens-center
Survivor Support: go.ncsu.edu/supportsurvivors

Media Platforms

Instagram: @ncsuwomenscenter
Facebook: NCSUWomensCenter
Twitter: NCSUWomensCtr

Weekly Newsletter
go.ncsu.edu/wcnewsletter
The NC State Women's Center offers an array of services for student survivors, including financial support through the NC State Women's Center Survivor Fund. Since the creation of the Survivor Fund, the Women’s Center has provided nearly $20,000 in emergency funding to NC State student survivors to cover expenses related to experiencing interpersonal violence.

Funds can be used for, but are not limited to:

- Medical care;
- Counseling/therapy;
- Legal assistance;
- Loss of employment;
- Transportation; and
- Relocation and/or safety upgrades to existing housing.

If you have enjoyed The Colors of Healing, and wish to continue to show your support for student Survivors at NC State, please consider donating directly to the NC State
Women’s Center Survivor Fund. One hundred percent of all funding goes directly to NC State student survivors.

With a donation of:

- $25, you help provide emergency transportation to a rape crisis center;
- $100 helps us cover the cost of changing the locks on a survivor’s home to help them feel safer; and
- $500 helps offset a survivor’s medical, counseling, and legal expenses.

Donate directly to the Survivor Fund:

go.ncsu.edu/donatesurvivorfund

Or Scan the QR Code Below

How to scan a QR code with camera app on your phone:

1. Open the Camera app from the Home screen, Control Center, or Lock screen.
2. Select the rear facing camera. Hold your device so that the QR code appears in the viewfinder in the Camera app. Your device recognizes the QR code and shows a notification.
3. Tap the notification to open the link associated with the QR code
Support and Resources

If you or anyone you know is experiencing any form of interpersonal violence, know that you are not alone. There are dedicated supports and resources available to you on campus, in the local Triangle region, across the State of North Carolina, as well as nationally.

**NC State University Resources (available only to NC State students)**

- **Confidential Resources**
  - Counseling Center
    - 2815 Cates Ave, 2nd Floor
    - 919.515.2423
    - counseling.dasa.ncsu.edu
  - Student Health Services/Gynecology Services
    - 2815 Cates Ave
    - 919.515.2563 / 919.515.7762
    - healthypack.dasa.ncsu.edu
  - Student Legal Services
    - 1107 Pullen Hall
    - 919.515.7091
    - studentlegal.dasa.ncsu.edu

- **Non-Confidential/Private Resources**
  - Women's Center (inclusive of students of all identities)
    - 5210 Talley Student Union
    - 919.515.4444 (24-hour helpline)
    - ncsuadvocate@ncsu.edu
    - go.ncsu.edu/supportsurvivors
  - GLBT Center
    - 5230 Talley Student Union
    - 919.513.9742
    - ncsu.edu/glbt
  - Office for Institutional Equity and Diversity (OIED)
    - 231 Winslow Hall
    - 919.513.0574
    - go.ncsu.edu/safe
  - Office of Student Conduct
    - 300 Clark Hall
    - 919.515.2963
    - studentconduct.dasa.ncsu.edu
o University Police
   2610 Wolf Village Way
   911 or 919.515.3000 for non-emergencies
   police.ehps.ncsu.edu

o Violence Prevention and Threat Management
   4157 Broughton Hall
   919.513.4224
   vptm.ehps.ncsu.edu

Local Triangle Resources

- **Wake County**
  
o InterAct
   1012 Oberlin Rd, Raleigh NC 27605
   919.828.7501 (office)
   919.828.7740 or 866.291.0855 (24-hour domestic violence crisis line)
   919.828.3005 or 866.291.0853 (24-hour sexual assault crisis line)
   844.203.8896 (24-hour Spanish language crisis line)
   www.interactofwake.org/home-page/connect-2/chat-with-us (chat)
   www.interactofwake.org

  o Solace Center
   1012 Oberlin Rd, Raleigh NC 27605 (sexual assault forensic exams)
   919.828.3067 or 866.291.0854
   www.interactofwake.org/whatwedo/the-solace-center

  o LGBT Center of Raleigh
   119 E. Hargett St., Raleigh NC 27601
   919.832.4484
   www.lgbtcenterofraleigh.com

- **Durham County**
  
o Durham Crisis Response Center
   206 N Dillard Street, Durham NC 27701
   919.403.9425 (office)
   919.403.6562 (24-hour crisis line)
   919.450.8970 (Family Justice Center)
   www.durhamcrisisresponse.org

  o LGBTQ Center of Durham
   114 Hunt St., Durham NC 27701
   919.827.1436
   www.lgbtqcenterofdurham.org
• **Orange County**
  
  o Orange County Rape Crisis Center  
    1506 E. Franklin St, Unit 200, Chapel Hill NC 27514  
    919.968.4647 (office)  
    919.967.7273 or 866.935.4783 (24-hour crisis line)  
    919.504.5211 (24-hour bilingual text line)  
    [www.ocrcc.org](http://www.ocrcc.org)  
  
  o Compass Center for Women and Families  
    210 Henderson Street, Chapel Hill NC 27514  
    919.968.4610 (office)  
    919.929.7122 or 866.929.7122 (24-hour crisis line)  
    [www.compassctr.org](http://www.compassctr.org)

**State of North Carolina Resources**

• North Carolina Coalition Against Domestic Violence (NCCADV)  
  3710 University Drive, Suite 140, Durham NC 27707  
  919.956.9124  
  [www.nccadv.org](http://www.nccadv.org)  
  NC Domestic Violence Agencies, by county:  
  [www.nccadv.org/get-help](http://www.nccadv.org/get-help)  

• North Carolina Coalition Against Sexual Assault (NCCASA)  
  811 Spring Forest Road, Suite 100, Raleigh NC 27609  
  919.871.1015  
  [www.nccasa.org](http://www.nccasa.org)  
  NC Rape Crisis Centers, by county:  

**National Resources**

• National Sexual Assault Hotline (RAINN)  
  800.656.HOPE (800.656.4673)  
  [www.hotline.rainn.org/online](http://www.hotline.rainn.org/online) (chat)  
  Local & State SA agencies, by state or zipcode:  
  [www.centers.rainn.org](http://www.centers.rainn.org)  

• National Domestic Violence Hotline  
  800.799.SAFE (800.799.7233)  
  800.787.3224 (TTY)  
  [www.thehotline.org](http://www.thehotline.org) (chat)  
  State DV Coalitions, by state:  
  [www.thehotline.org/resources/victims-and-survivors](http://www.thehotline.org/resources/victims-and-survivors)  

• National Suicide Prevention Hotline  
  800.273.TALK (800.273.8255)  
  888.628.9454 (Spanish language crisis line)  
  800.799.4889 (TTY)  
  [www.suicidepreventionlifeline.org/chat](http://www.suicidepreventionlifeline.org/chat) (chat)
• Trevor Project: Crisis & Suicide Prevention Lifeline for LGBTQ Youth
  866.488.7386
  START to 678678 (text)
  www.thetrevorproject.org/get-help-now (chat)
• LGBT National Help Center
  888.843.4564 (youth & adult)
  800.246.7743 (youth through age 25)
  www.glbthotline.org
• Trans Lifeline
  877.565.8860
  www.translifeline.org
• 1 in 6: Male Sexual Assault/Abuse Survivors
  www.1in6.org/helpline (chat)
• National Child Abuse Hotline
  800.4.A.CHILD (800.422.4453)
  www.childhelphotline.org (text/chat)
• National Free Legal Assistance Hotline
  567.SHATTER (567-742-8837)
  www.takebackthenight.org/legal-assistance
• National Eating Disorders Association Helpline
  800.931.2237
  www.nationaleatingdisorders.org/chat (chat)