

# The Mental Health Impact of Sexual Trauma

- **An estimated one in 4 women and one in 6 men will experience a sexual assault.** (National Institute of Justice, 2000.)
- **Almost one-third (31%) of all rape survivors develop Post-traumatic Stress Disorder (PTSD) sometime during their lifetimes.** (Rape in America: A Report to the Nation. 1992. National Victim Center and Crime Victims Research and Treatment Center, University of South Carolina, Charleston.)
- **Rape survivors are 13 times more likely than non-crime victims to attempt suicide and 6.4 times more likely to have used cocaine or other hard drugs.** (Ibid.)
- **The U.S. Public Health Service Office on Women's Health reports that 50-75% of women in substance abuse treatment programs are survivors of sexual violence.**
- **Child and adult histories of sexual and physical abuse appear frequently to be the first experience in a sequence that leads to homelessness for both women and men.** (*The Interface of Homelessness, Addictions and Mental Illness in the Lives of Trauma Survivors*. Catherine M. Anderson and Katherine B. Chiochio. Sexual Abuse in the Lives of Women Diagnosed with Serious Mental Illness. 1997. Maxine Harris, Ed., pp. 21-37.)
- **Girls who are raped are about three times more likely to suffer from psychological disorders and over four times more likely to suffer from drug and alcohol abuse in adulthood.** (Medical College of Virginia Commonwealth University, 2000.)
- **Among the adverse effects of child sexual assault on children and adolescents are decreased school performance, delinquency, depression, anxiety, substance abuse, antisocial behavior, incarceration, sexual promiscuity, teen pregnancy and HIV. Approximately 60 percent of teens who become pregnant were sexually abused as children, and approximately 95 percent of teen prostitutes were sexually abused.** (Pamela Pine, Ph.D., Founder and Executive Director, Stop the Silence: Stop Child Sexual Abuse, Inc. re-printed *Trauma Matters*. National Center For Trauma Informed Care Oct.2007.)
- **Only one in 10 children in the U.S. tells, and 42 percent of women and 33 percent of men never disclose the experience to anyone. In the United States, child sexual assault affects between 15 percent and 33 percent of females and between 13 and 16 percent of males.** (Ibid.)

## **Building Connections: The Sexual Assault and Mental Health Project**

New York State Coalition Against Sexual Assault, 518-482-4222 [www.nyscasa.org](http://www.nyscasa.org)

Mental Health Association in New York State, 518-434-0439 [www.mhanys.org](http://www.mhanys.org)