



Elephant in The Room Q & A

Arizona School for the Arts
Spring 2022

****This document can also be accessed at www.bloom365.org/faqs**

Resources:

For additional resources, please visit bloom365.org/resources

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| <p>BLOOM365 HelpLine</p> | <p>For free, confidential support: Text/Call: 1-888-606-HOPE (4673) Monday-Friday from 3PM-9PM (MST)</p> <p>To reach a specific advocate directly, please feel free to contact our HelpLine and tell us who you would like to speak to.</p> |
| <p>Teen Lifeline (24/7)</p> | <p>Text or call 602-248-TEEN (8336) for free, confidential support relating to suicide, depression, bullying, or relationships.</p> |
| <p>National Teen Dating Violence Hotline (24/7)</p> | <p>Text "LOVEIS" to 22522</p> |
| <p>National Domestic Violence Hotline (24/7)</p> | <p>1-800-799-SAFE (7233)</p> |
| <p>National Sexual Assault Hotline (24/7)</p> | <p>1-800.656.HOPE (4673)</p> |
| <p>Suicide Prevention Lifeline (24/7)</p> | <p>1-800-273-TALK (8255)</p> |
| <p>ACESDV: Arizona Sexual and Domestic Violence Helpline</p> | <p>Call: (602) 279-2980 or (800) 782-6400 SMS Text: (520) 720-3383 Arizona Relay Service 7-1-1 Monday-Friday, 8:30a – 5:00p with extended hours on Tuesday 8:30a – 7:00p</p> |

***Content Warning:** For some, Elephant in the Room Cards are places where they might disclose trauma, violence, or harm. We encourage you to proceed with caution if you have experienced power-based violence or abuse of any kind. If you need support, you can reach out to the Hotlines listed above.

Q: Student

A: BLOOM365 Advocate

Q: Thank you for coming to our class to speak :) I was a victim of sexual assault from 5th grade and still struggle with the PTSD now.

A: We are definitely glad that we were able to speak in your class, also!

We are so sorry to hear that happened to you. What you experienced was not your fault, and we understand you might be feeling a lot of different emotions. Experiencing PTSD after a traumatic event like sexual assault is very common, and we want you to know that you are not alone. If you'd like additional support relating to the effects of the assault or for anything else, we encourage you to reach out to a trusted adult or a BLOOM365 Advocate. We are here for you!