

Sexually Assaulted or Raped?

How to Get Help for Yourself or a Friend

ON CAMPUS EMERGENCY: 508-999-9191 (* 9191)
OFF-CAMPUS EMERGENCY: 911



On Campus

The following UMD offices are prepared to help you consider your options and obtain needed services following a sexual assault or rape:

Campus Police: 508-999-9191

Available 24 hours a day, 7 days a week

Location: Power Plant

Counseling Center: 508-999-8650

Location: Auditorium Annex

(between Group 1 and the Auditorium)

Health Services: 508-999-8982

Location: Elmwood Hall, Ground Floor

Office of Student Life: 508-999-9205

Location: Foster Administration Building, Room 209

Residential Life: 508-999-8140

Location: Elmwood Hall, Ground Floor

Women's Resource Center: 508-910-4584

Location: Pine Dale Hall, Ground Floor, Room 7136

What to do if you've been sexually assaulted...

- Go to a safe place.
- Contact someone you trust and tell them what happened. They can help you consider options, obtain medical care, and support you.
- If you can, write down, or have your support person write down, everything that you can remember about the assault/rape, including a physical description of the perpetrator, their identity if you know it, and the use of threats or force.
- It is your choice to report the crime to the police. Reporting the crime does not obligate you to pursue prosecution of a suspect. If you want police assistance, contact the Campus Police (508-999-9191) if you are on campus or the local police (911) if you are off campus. Reporting the crime can help you regain a sense of personal power and control and can also help to ensure the safety of other potential victims.
- Preserve evidence. Do not shower, bathe, douche, brush your teeth, or throw away any clothing that might contain evidence of the assault. Save articles of clothing, bedding etc. in separate paper bags and bring them to the hospital or give them to the police. (Do not use plastic bags as they can damage evidence.) Do not disturb anything in the area in which the assault occurred.
- Get medical care. Go to the hospital emergency room for treatment of injuries, prevention of sexually transmitted diseases and pregnancy, and crisis intervention and emotional support services. Physical evidence for medical/legal services can also be collected at this time. You may seek medical care without reporting the crime to the police.



Local Hospitals

St. Lukes Hospital: 508-997-1515

101 Page Street
New Bedford, MA 02740

Charlton Memorial Hospital: 508-679-3131

363 Highland Avenue
Fall River, MA 02720



Off-Campus Support & Hotlines

Local:

Greater New Bedford Women's Center: (www.gnbwc.org):

- All services are free and confidential.
- **24-Hour Hotline (508) 999-6636 (99WOMEN).** Professionally trained volunteers provide immediate crisis intervention to ALL victims of sexual assault and their loved ones.
- Advocacy accompaniment for all sexual assault victims to hospitals, police stations, district attorney's office and courts of law.
- Medical, legal, and psychological referrals.
- Short term in-person counseling.
- Support groups for women and teens.
- Advocacy accompaniment and support for HIV/AIDS testing.

SSTAR, Rape Crisis Center (www.sstar.org):

- All services are free and confidential.
- **24-Hour Hotline (877) 301-HELP (4357)**
- Advocacy accompaniment for all sexual assault victims to hospitals, police stations, district attorney's office and courts of law.
- Medical, legal, and psychological referrals.
- Crisis and short term (12-week) counseling.

Statewide:

SafeLink: 1-877-785-2020

SafeLink is a **24-hour, multi-lingual, hotline** for programs in Massachusetts. An advocate can talk with you about your needs and help you identify shelters, programs and other resources. They can connect you to services for both sexual assault and intimate partner/domestic violence.

SANE Nurses SANE stands for Sexual Assault Nurse Examiners. These are nurses specially trained to provide care to people who have been sexually assaulted. They are also specially trained to collect evidence that *may* be used in a prosecution of the assault, if the victim *chooses* to have evidence collected and *chooses* to go forward with a prosecution.

SANE Sites are hospitals that can request a SANE nurse when a person reports in the Emergency Room that they have been sexually assaulted. Usually you will also be offered the free services of a Rape Crisis Counselor-Advocate from a rape crisis center. St. Luke's Hospital & Charlton Memorial Hospital are both SANE sites.

Fenway Community Health, Violence Recovery Program (www.fenwayhealth.org)

- **1-800-834-3242** or VRP@fenwayhealth.org
- Provides counseling, support groups, advocacy, and referral services to Gay, Lesbian, Bisexual and Transgender (GLBT) victims of sexual assault, bias crime, domestic violence, and police misconduct.
- Other services include the region's only support group for male survivors of rape and sexual assault, a support group for GLBT domestic violence survivors, advocacy with the courts and police, and assistance with victim compensation.
- Short-term counseling to survivors and their families
- Referral services

Nationwide:

National 24-Hour Sexual Assault Hotline: 1-800-656-HOPE



Online Information

Rape, Abuse & Incest National Network (RAINN): www.rainn.org

The nation's largest anti-sexual assault organization. RAINN operates the National Sexual Assault Hotline at 1.800.656.HOPE and also carries out programs to prevent sexual assault, help victims and ensure that rapists are brought to justice.

**Jane Doe, Inc., The Massachusetts Coalition Against Sexual Assault and Domestic Violence:
www.janedoe.org**

Jane Doe Inc., The Massachusetts Coalition Against Sexual Assault and Domestic Violence brings together organizations and people committed to ending sexual assault and domestic violence. Jane Doe, Inc. operates SafeLink, a 24-hour, free, and multi-lingual hotline for programs in Massachusetts (1-877-785-2020). An advocate can talk with you about your needs and help you identify shelters, programs and other resources. They can connect you to services for both sexual assault and intimate partner/domestic violence.

MaleSurvivor: www.malesurvivor.org

The National Organization against Male Sexual Victimization is committed to preventing, healing, and eliminating all forms of sexual victimization of boys and men through treatment, research, education, advocacy, and activism. Their website includes a wealth of information for survivors and professionals about male sexual victimization as well as a Discussion Board and live Chat Room where survivors can network and support one another, anonymously if they wish. MaleSurvivor also publishes a newsletter and sponsors periodic conferences and healing retreats.

AdvocateWeb: www.advocatweb.org

The largest internet resource dealing with sexual misconduct, exploitation, and abuse of clients by mental health professionals, medical professionals, clergy, lawyers, educators, and law enforcement officials. AdvocateWeb offers extensive free resources for victims, survivors, their families, friends, victim advocates, and professionals seeking to address this problem.