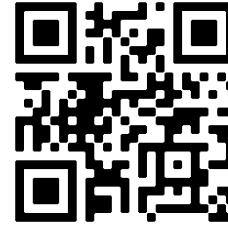


Resources can change over time. For the most up to date list please use this QR code



Resources

There are confidential and non-confidential resources available. Confidential resources include all off-campus resources, SHU counselors, SHU health services, SHU chaplains, and campus advocates. Non-confidential resources (coaches, RSAs, advisors, etc.) are required to notify the Title IX coordinator to ensure notification of resources and options.

SHU

Counseling Services
203-371-7955 for appointments

Campus Ministry
203-371-7840

Campus Advocate
203-258-3702

Title IX Coordinator: Mia Westendorp
203-396-8392
jamesm118@sacredheart.edu

Public Safety
203-371-7995 for routine calls
203-371-7911 for emergency calls

State/Local

Connecticut Alliance to End Sexual Violence
888-999-5545 (24-hour hotline)
888-568-8332 Español

The Center for Family Justice
203-384-9559 for domestic abuse
203-333-2233 for sexual assault
203-579-6154 main line

Nationwide

National Domestic Violence Hotline
800-799-SAFE (7233)

National Sexual Assault Hotline
800-656-HOPE (4673)

LGBT National Help Center
glbthotline.org
800-246-PRID (7743) youth to 25
888-843-4564 for all ages

Victim Connect Resource Center
855-4-VICTIM
(855-484-2846)

Love is Respect
loveisrespect.org

How to Help a Friend: Sexual Assault



ACT

ACT - Action, Care, Together

WHAT IS SEXUAL ASSAULT?

Any nonconsensual sexual act including when the victim lacks capacity to consent.

WHAT TO DO

LISTEN

When a friend opens up to you it is important that they know you believe them, that you don't minimize what has happened, and that you do not pass judgement or question any of their behavior.

Things like "I believe you" or "You didn't do anything to deserve this" can be helpful. While things like "Why did you go there" or "Why did you drink that" can be hurtful.

DISCUSS NEXT STEPS

Some things to consider are:

- Speaking to a counselor
- Reporting what happened to the school
- Seeing a doctor

The most time sensitive decision is whether or not to seek medical attention. It is important to note that examination kits must be done within 120 hours of the assault. It can be very helpful to speak to an advocate or have them there should your friend chose this option. The advocate can help support and empower your friend every step of the way.

Deciding on a next step can be very overwhelming and you are not expected to be an expert in this area. There are many resources that can help your friend go over options that are available to them in more detail.

BE SUPPORTIVE

It is your friend's decision on what next steps they want to take, if any. It is okay to gently encourage your friend with these steps but make sure they understand the decision is completely up to them. They are in control.

IMPORTANT THINGS TO KNOW

- If you are worried your friend is in imminent danger contact 911 or Public Safety immediately
- Your safety and wellbeing are important. Only act when safe and make sure you are getting the support you need
- Some resources for dating/domestic violence, sexual assault, and stalking are listed on the back of this brochure. There are many more resources available that can be easily found online

