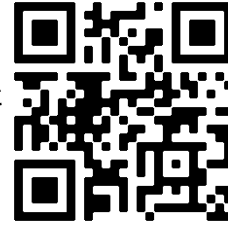


Resources can change over time. For the most up to date list please use this QR code



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: Stalking



ACT

ACT - Action, Care, Together

WHAT IS STALKING?

Stalking is a pattern of behavior directed at an individual that would cause a reasonable person to fear for his/her own safety, the safety of others, or suffer from emotional distress.

Here is a list of some stalking behavior. It is important to note this list does not cover all stalking behaviors.

- Repeated calls
- Following/showing up at specific locations
- Unwanted gifts, texts, emails, etc.
- Damage to car or other property
- Use of technology to track whereabouts
- Driving by home, work, school
- Threats of harm

WHAT TO DO

LISTEN

Should a friend share with you their concerns/fears it is important for you to make sure they know you believe them. Do not place any blame on them or question any of your friend's behavior. Be supportive.

DISCUSS NEXT STEPS

You are not expected to be an expert on how to safely help your friend who is experiencing this. There are many resources that can help your friend devise a safety plan, go over options, discuss local laws, etc. Some are listed on the back of this brochure.

Discuss the resources with your friend, help them process their options.

Also, if they are not already, encourage your friend to document any incidents of stalking. Keep a log, screenshots, save e-mails, etc.

It can also be helpful for your friend to tell other friends, family, etc about the stalker. Sometimes the stalker will reach out to these individuals for information and they may unknowingly aid that person.

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

