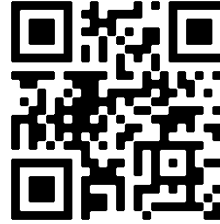


Resources can change over time. For the most up to date list please use this QR code



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: Dating Violence



ACT

ACT - Action, Care, Together

WHAT IS DATING VIOLENCE?

Violence committed by a person who is or has been in a social relationship of a romantic or intimate nature with the victim.

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

- Physical harm or threats
- Controlling behavior
- Isolation
- Using pressure/force to engage in sexual activity
- Frequent insults

You are not expected to be an expert in this area. The safety of you and your friend are very important. There are many resources available to support you and your friend to help them safely leave the relationship.

WHAT TO DO

STAY CALM

It is important you act as a steady and stable supporter. By doing this you can help your friend feel more comfortable in opening up to you.

“I feel” statements can also be helpful. Things like “I feel concerned when you text your partner all the time because I care about you”.

BE PATIENT

It can be hard realizing/accepting that what is going on is not right. Or your friend may begin to open up to you at first and then withdraw. Go at your friend's pace.

The important thing is to show that you care, you are available, and that you are a safe person with whom they can talk. Emphasize you are there for them whenever they may need it.

BE SUPPORTIVE

It is not your job to push your friend into making any decisions. Help them by going over their options and empower them in using the resources available.

IMPORTANT THINGS TO KNOW

- If you are worried your friend is in imminent danger contact 911 or Public Safety immediately
- Encourage your friend to use a library computer when looking at resources as sometimes the abuser is monitoring their personal items
- 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

