

**Next Steps for Survivors**  
**On Campus Support**  
(During UP business hours)

*Confidential Advocates, counselors and medical staff are confidential resources. They will not share any information about **you** to anyone else without your written consent.*

\*\*Remember: The type of care that you receive and actions that you take after an assault are entirely your choice. You should not feel pressured to pursue anything that you don't want.\*\*

- 1) **Make sure you are safe:** If you are on campus and need immediate help getting to a safe place, call Campus Safety at any time of day or night at 503-943-4444. If you are off campus, call 911.
- 2) **Call Health & Counseling Services:** Same day physical and counseling appointments are available for survivors of sexual or interpersonal violence Monday through Friday from 8:30am to 4:30pm. Call 503-943-7134 to schedule an appointment. If you get the voicemail, please leave a message with your name and phone number and you will get a call back before the end of the business day. If you call to get scheduled for a same day [counseling](#) appointment, let reception know that you are looking for a crisis appointment.

[Health services](#) include evaluating and treating injuries, testing and preventative treatment for STIs, pregnancy testing, and referrals if needed. If you need assistance with navigating off-campus medical care, your advocate at the Health Center can direct you to the appropriate local health care facility and help you arrange in-person medical advocacy during your clinic or emergency room visit. The Health Center is not able to perform forensic exams. If you need or would like a forensic exam (sometimes called a "rape kit") you will need to go to a hospital emergency department. They can provide the same medical care, testing and treatment, as well as emergency contraception.

- 3) **Confidential Advocacy:** Confidential Advocates provide a confidential space where you can speak to someone if you, or someone you care about, has experienced interpersonal violence. We have been trained to provide trauma-informed support and we are not required to report to Title IX. We can help you strategize next steps as they relate to:
  - What you need to feel safe, especially on campus.
  - Support that can help you to maintain academic success.
  - Campus or community resources you need for personal health and wellness.
  - Whether to report to Title IX, and whether to request an investigation or informal resolution process.
  - Where to go to collect evidence.
  - Whether to file a police report.
- 4) **Explore your legal options:**
  - If you want law enforcement involved immediately, Campus Safety can help facilitate the interaction and provide a safe, confidential location to meet with a police officer. To request assistance from Campus Safety, call 503-943-4444.
  - The Title IX office on campus supports all survivors of sexual assault in the legal decision-making process. When making a report, you don't need to know what course of action to pursue or how to label what happened; Title IX will walk you through all your options. You can contact the Title IX office via phone at 503-943-8982 or complete the online [reporting form](#):



## Next Steps for Survivors Off Campus Support

**\*\*Remember:** The type of care that you receive and actions that you take after an assault are entirely your choice. You should not feel pressured to pursue anything that you don't want.\*\*

- 1) **Make sure you are safe:** If you are on campus and need immediate help getting to a safe place, call Campus Safety at any time of day or night at 503-943-4444. If you are off campus, call 911.
- 2) **Call a crisis support line:**
  - [Call to Safety](#) (Multnomah County): 503-235-5333
  - [RAINN](#) National Sexual Assault Hotline: 1-800-656-4673
- 3) **Connect with an advocate/ sexual assault service provider:** When you call a sexual assault crisis support line, an advocate will walk you through the process of getting help at your own pace. Advocates are confidential resources and are trained to offer emotional support, referrals to local agencies including medical care, and information about forensic exams, legal reporting, mental health care and support groups, etc.
- 4) **Receive medical care:** Your advocate can direct you to the appropriate local urgent care centers or emergency departments that can care for survivors of sexual assault. Advocates located in Multnomah County can also provide in-person medical advocacy during your clinic visit.

Medical care after a sexual assault can involve checking for and treating injuries, forensic exams (sometimes called “rape kits”), STI testing, prophylactic treatment to prevent STIs, and emergency contraception. These visits are often performed by Sexual Assault Nurse Examiners (SANE), who are registered nurses with specialized training in providing forensic examinations of survivors of sexual assault. If you can, it's best to avoid showering or bathing before arrival. Bring a change of clothing with you if you can.

- 5) **Receive mental health care:** The Pilot Helpline is available 24/7 to all active students from anywhere in the world. The on-call counselors can provide emotional support and mental health resources during a crisis. To speak with the Pilot Helpline and get confidential support, call the Health & Counseling Center at 503-943-7134, and select option 3 in the voicemail message.
- 6) **Explore your legal options:** Your advocate can talk to you about your options for reporting to local law enforcement, or you can connect with law enforcement on your own by:
  - Calling 911 for emergency services
  - Calling 503-823-3333 for the local police department (non-emergency)
  - Telling the staff treating you at the urgent care/ emergency room that you want to report the crime.

Read [RAINN's article](#) on communicating with law enforcement to know what to expect and get some background information about the legal process of reporting:

