

Next Steps for Survivors

On Campus Support (During UP Business Hours)

Note that Off Campus Support Sources described on page 2 are available

The UP staff members described below are all confidential resources. They will not share any information about you to anyone else without your written consent, including parents, teachers, campus administration, and law enforcement.

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 and Counseling Services

Same day physical and mental health 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.

***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 to.*

3. Receive medical care

Services at the Student Health Center 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. These visits are often performed by a Sexual Assault Nurse Examiner (SANE), who is a registered nurse with specialized training in providing forensic exams for survivors of sexual assault.

4. Receive mental health care

The Counseling Center on campus offers same day crisis counseling appointments twice a day Monday through Friday at 11:30am and 3:30pm, for students who have experienced sexual or other interpersonal violence. When you call to get scheduled, let reception know that you are looking for a crisis appointment. The receptionist will ask you a few yes or no questions; you will not be asked to provide any details about your situation.

5. 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 particular course of action to pursue or how to label what happened; Title IX will walk you through all of your options. You can contact the Title IX office via phone at 503-943-8982 or complete the online [reporting form](#):



This info sheet was created using information provided by UP's Health, Counseling, and Title IX services:

- <https://www.up.edu/healthcenter/primary-care/sexual-health.html>
- <https://www.up.edu/healthcenter/counseling/index.html>

- <https://www.up.edu/titleix/get-help/info-reporting.html>

Next Steps for Survivors

Off Campus Support (Outside of UP Business Hours)

If an incident occurs outside of UP's business hours, you are welcome to wait until the next business day to connect with on campus care. You are not obligated to seek care/ support off campus unless you want to.

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.

***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 to.*

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 (SANEs), 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 are able.

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 are able to provide emotional support and mental health resources during a crisis. To speak with the Pilot Helpline and get confidential support, call the Health 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:



This info sheet was created using information provided by Call to Safety and RAINN:

- <https://calltosafety.org/services/#sexual-assault-response>
- <https://www.rainn.org/articles/steps-you-can-take-after-sexual-assault>

- <https://www.rainn.org/articles/receiving-medical-attention>
- <https://rainn.org/articles/reporting-law-enforcement>