

Care after an Incident

While there is no one right way to get help, below are some suggested steps you can take following an experience of sexual assault, intimate partner violence, or stalking.

a. Immediate Steps

- i. Get away from the attacker. Go to a safe place (open office, friend's room, RA room, etc.).
- ii. Call someone you trust. A friend, family member or victim advocate are all good resources. You do not have to go through this alone.
- iii. Seek medical attention. On campus call Public Safety 860.231.5222; off campus call 911 or go to your nearest emergency room. You should seek treatment from a hospital that participates in the SAFE program and has a SANE (Sexual Assault Nurse Examiner). A medical provider can check and treat you for physical injury, sexually transmitted infections and pregnancy.

Local Hospitals

Saint Francis Hospital
114 Woodland Street, Hartford, CT 06105
860.714.4000

Hartford Hospital
80 Seymour Street, Hartford, CT 06012
860.545.5000

- iv. Preserve Evidence. After sexual violence, do not shower until you have considered whether to have a no-cost sexual assault forensic exam within 120 hours of the assault. You do not need to make a formal report or press charges to have a sexual assault forensic exam. Save the clothes you were wearing (unwashed) in a paper or cloth bag. After sexual violence, relationship violence, and/or stalking, take photos of any damage or injury and keep communication records (i.e. texts, emails, and letters).

b. Next Steps

- i. Student may also seek treatment from Health Services by calling 860.231.5530 (Monday–Friday 8:30am-4:30pm during the academic year), however this office does not complete the sexual assault evidence collection kit.
- ii. Seek Support. You may want to turn to an on-campus counselor at the Counseling and Wellness Center by calling 860.231.5530 (Monday–Friday 8:30am-4:30pm during the academic year) or an off-campus [confidential advocate](#) for support and information. They will talk with you about your options for additional support services and reporting.
- iii. Consider making a report. You are encouraged to make a formal report of what happened to both the Title IX Coordinator and the local police department (West Hartford Police Department – 860.523.5203). Keep in mind there is a difference between reporting to the on-campus Title IX Coordinator and filing criminal charges with the police department. Each report can be done independently.
- iv. Additional support. The Title IX Coordinator can help you with changes to your housing, classes, work, student activities and more. You do not need to make a formal report or press charges to receive help.