

SUPPORTING A SURVIVOR

BE A HELPER, NOT A RESCUER

HELPERS VS. RESCUERS



A helper listens to requests for help.



A helper provides what the victim or survivor says they need.



A helper checks in with the victim or survivor periodically.



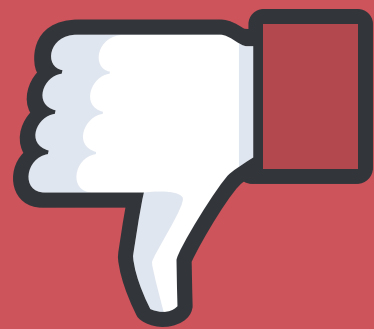
A helper establishes and maintains appropriate boundaries.



A helper does most of the listening.



A helper supports the victim or survivor as they make their own decisions and does their own work.



A rescuer believes a victim or survivor is helpless and needs someone to save them.



A rescuer gives help even when it is not asked for.



A rescuer fails to find out whether the help is welcomed.



A rescuer gives advice instead of information.



A rescuer does most of the talking and working.



A rescuer gives what they decide the victim or survivor needs.

SEXUAL ASSAULT & VIOLENCE PREVENTION OFFICE RESOURCES

All services are available for individuals of any race, ethnicity, color, sex, gender identity, sexual orientation, religion, class, ability, citizenship and immigration status, and age.

ADVOCACY & SUPPORT

- Vassar Sexual Assault Response Team (SART) 24/7: (845) 437-7333
- Vassar SAVP Director & Victim/Survivor Advocate: (845) 437-7863
- Center for Victim Safety and Support
 - Rape Crisis/Crime Victims: (845) 452-7272
 - Domestic Violence: (845) 485-5550

REPORT ON/OFF CAMPUS

- Town of Poughkeepsie Police: 911 or (845) 485-3666
- NYS Police CSAVU: (844) 845-7269
- Vassar Safety & Security: (845) 437-7333
- Vassar Title IX Coordinator: (845) 437-7924

FREE CONFIDENTIAL MEDICAL CARE

- SAFE Exam at Vassar Brothers Medical Center: (845) 454-8500
- SAFE Exam at Mid-Hudson Regional Hospital: (845) 483-5000
- Vassar Health Services: (845) 437-5800

FREE CONFIDENTIAL COUNSELING

- Vassar Counseling Services: (845) 437-5700
- Center for Victim Safety and Support: (845) 452-7272
- Poughkeepsie Grace Smith House: (845) 452-7155

VASSAR ACCOMMODATIONS (INCLUDING NO CONTACT ORDERS)

- Vassar Sexual Assault Response Team (SART) 24/7: (845) 437-7333
- Vassar SAVP Director & Victim/Survivor Advocate: (845) 437-7863
- Vassar Title IX Coordinator: (845) 437-7924

For more information,
visit savp.vassar.edu or eoaa.vassar.edu