

# SUPPORTING A SURVIVOR

## TIPS ON HOW TO HELP A FRIEND

A supportive reaction can make all the difference when responding to a disclosure of sexual assault.



### 1. CHECK IN ON SAFETY.

Is there an immediate threat made to the victim/survivor's safety or the safety of others on campus? If a weapon was used or a threat has been made, call 911 or Safety and Security at (845) 437-7333.

Do they feel safe staying in their room or being on campus? If not, call Safety and Security or a Vassar Sexual Assault Response Team (SART) advocate, who can help provide information about on and off campus options and assist in creating a safety plan.



### 2. PROVIDE SUPPORT.

Listen, validate, and thank them for trusting you. Go at their own pace. Avoid investigating and questioning and do not label, judge, or blame. Remember, there is no one way to respond to or heal from trauma.

Take a *survivor-centered approach* and listen to the needs of the person who has disclosed to you. Support the victim/survivor in making decisions about the next steps they would like to take and what resources they want to access.



### 3. OFFER RESOURCES.

There are resources available to both you and those you may be supporting. Ask the victim/survivor if they would like more information about the on and off campus resources available to them and follow their lead with what they would like to do next.

Trained Vassar SART advocates are available 24/7 by calling the Campus Response Center at (845) 437-7333 to provide support, advocacy, and information about rights and resources. SART advocates are a private resource. A full list of on and off campus resources including counseling and reporting options is located at [savp.vassar.edu/resources](http://savp.vassar.edu/resources).

### REMEMBER SELF-CARE!

We are best able to help others when we take care of ourselves.

# 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](http://savp.vassar.edu) or [eoaa.vassar.edu](http://eoaa.vassar.edu)