

Resources for Survivors of Sexual Violence

Confidential

Resources cannot share any information you give without your written permission.

INTERACTIVE GUIDE

This guide was designed by students and staff at Tulane to help student survivors navigate and understand the wide array of resources and options available to them.

Visit: bit.ly/3dCHHjW

SAPHE 24/7 PEER HOTLINE

A 24/7 hotline for survivors of sexual violence run by trained Tulane students available during the spring & fall semesters at (504) 654-9543. No call is too small!

COUNSELING & PSYCHOLOGICAL SERVICES (CAPS)

Short-term counseling, group therapy, and emergency same-day consultations for students are available. Call (504) 314-2277 for appointments uptown and downtown.

NEW ORLEANS FAMILY JUSTICE CENTER (NOFJC)

A community resource offering a 24/7 crisis hotline, forensic exams, counseling services, legal services, and more. Call them 24/7 at (504) 866-9554 or visit nofjc.org.

Private

Resources may share information you give with key staff members to provide support.

CASE MANAGEMENT & VICTIM SUPPORT SERVICES (CMVSS)

Case managers provide crisis support, connection to resources, and help students secure accommodations. Email srss@tulane.edu, call (504) 314-2160, or visit their office in the Garden Level of the LBC.

TITLE IX OFFICE

Report incidents of sexual violence to the Title IX Coordinator by calling (504) 865-5611 or by making a report at tulane.edu/concerns. On the Concerns Form, select "Title IX/Sexual Misconduct" for the "Type of Concern."

STUDENT AFFAIRS PROFESSIONAL ON CALL (SAPOC)

Provides immediate, 24/7 guidance, support, safety planning, and connection to resources. Call them at (504) 920-9900.



TULANE
Campus Health

The Well for Health Promotion

What to do if someone shares an experience of sexual violence:

1. Stay calm.

You might feel upset because your friend was hurt or overwhelmed that they are telling you. This is natural. Do your best to control your emotions so you can be a safe and approachable source of initial support.

2. Show your support.

Simple statements like "I am so glad you told me," "this was not your fault," or "you are not alone," can put your friend at ease. Your supportive initial response can positively influence your friend's choice to share information with others, including mental and physical health professionals.

3. Hold your questions.

It might feel natural to show concern by asking questions, but that can be upsetting and cause distress. Instead, focus on being an empathetic listener.

4. Empower with resources.

Spend some time reviewing the resources on the other side of this card so you are informed about available support options. Ask your friend if they would be interested in you sharing this information with them. It's OK if they say, "no." Let them know if they change their minds, you are here to help in the future too.

5. Get support for yourself.

Sometimes after supporting a friend, you also feel the impact of the violence and experience emotional and physical reactions. This is called secondary victimization. You may want to talk about your feelings but also respect your friend's privacy. You too can contact a mental health professional for support.



TULANE
Campus Health

The Well for Health Promotion