

If You Have Been Sexually Assaulted: Information and Resources

Sexual Assault can lead to both physical and emotional damage. Seeking help soon after the assault can help to minimize potential damage. You can seek medical help, consult with counselors and/or rape crisis staff, and still choose not to make a formal report.

MEDICAL

Albany Memorial Hospital's Sexual Assault Nurse Examiner (SANE nurse) can conduct both a medical exam (to make sure you are ok, test for sexually transmitted diseases, advise about pregnancy testing and treat any injuries) and an exam for legal, physical evidence if you wish. Contact the **Albany Memorial Hospital Emergency Room at 518-471-3111**. Let them know you want to be seen by the SANE nurse. The exam will be similar to a routine gynecological exam with the addition of evidence collection. Physical evidence can be collected and held for 30 days while you decide about taking legal action. **College Health Services** can also be a source of information about medical treatment (**518-783-2554**); or you may be more comfortable consulting with your private physician. Whatever option you choose try to be open and detailed about what happened, so medical practitioners will know how to help you.

EMOTIONAL/PSYCHOLOGICAL SUPPORT

Psychological counseling and referrals can be provided by the **Center for Counseling and Student Development (783-2342)**, and by the **Albany County Crime Victim and Sexual Violence Center (Office: 447-7100, 24 hour hotline: 447- 7716)**. The Center for Counseling and Student Development can also help individuals who would like support in coping with a past trauma.

LEGAL ADVOCACY AND REPORTING OPTIONS

Albany County Crime Victim and Sexual Violence Center can provide medical and legal advocacy, and information about additional resources. Sexual Assault incidents can be reported to **Campus Safety and Security, Student Affairs**, or to local police. When safety is an imminent question, call 911. If you wish to remain anonymous you can report to **Campus Safety and Security** at this site (www.siena.edu/security/anonymous.asp), or you may report to the **Office of Student Affairs** by printing out this form (**Sexual Assault Incident Tracking Form**). **The Center for Counseling and Student Development** can talk with you about these options and accompany you while you make a report if you wish.

IF YOU ARE SUPPORTING SOMEONE WHO HAS BEEN SEXUALLY ASSAULTED

Be a supportive listener:

Talking can be an important part of healing for a survivor of sexual assault. When someone close to you has been sexually assaulted, listen, do not judge, and help the survivor see that the assault was not her/his fault.

Let the survivor make the decisions:

After an assault a survivor often needs to gain back a sense of control over the environment, and her/his body. Although it is important to suggest that a survivor receive medical attention, preserve evidence, seek crisis counseling, and report the incident to the police; these decisions must be made by the survivor, not for the survivor. In short, encourage action and respect the choices of the survivor.

Seek support for yourself:

If someone close to you is sexually assaulted you may also experience an intense emotional reaction. Talking to someone can help you sort out these feelings so that you can be a better support to your friend. Your Residence Director is available to help you. You can also get help for yourself at the Center for Counseling and Student Development (783-2342), or the Albany Rape Crisis Center (447-7100).