

## **WHAT TO DO IF YOU HAVE BEEN SEXUALLY ASSAULTED** **(even if you can't remember or are unsure of what occurred.)**

Go to a safe place and call someone you trust to be with you and provide support.

If possible, preserve all evidence. Don't wash, shower, bathe, douche, brush teeth, change clothing, eat, or drink until you have considered whether or not to get a forensic exam or file a report. If you do change clothes, put all the clothing worn at the time of the assault in a paper (not plastic) bag. Don't delete texts or messages. Preserve the crime scene. Don't rearrange or clean up. Give yourself time to consider whether to file a report. Most people initially don't want to report but many change their minds later. *Leave your options open.*

Consider contacting the **UCSF CARE Advocate** for free, confidential, supportive services at **415.502.8802**. The CARE Advocate can help support you emotionally, explore your options for reporting or not reporting, accompany you throughout the process and help with academic, employment or housing accommodations. We are here for you.

Get medical treatment. A forensic exam is free and does not obligate you to participate in a criminal case. It does preserve evidence in the event you would like to proceed criminally. For a forensic exam, go to the **San Francisco General Hospital Rape Treatment Center** located in the Emergency Department, 1001 Potrero Ave. Exams can be done up to 5 days after an assault, but *the sooner the better*. You can receive free emergency contraception, HIV prevention medications, and tests for STDs and pregnancy. *For your own health and well-being, it can be very helpful to receive this exam even if you are not planning to make a report.*

Consider notifying the **UC Police Department (UCPD) at 415-476-6911** even if you don't want to make a police report. UCPD can provide transportation to the Rape Treatment Center.

If you are a student, for emotional support, consider contacting UCSF **Student Health and Counseling Services**. For confidential services call **415-476-1281** and *ask for an URGENT APPOINTMENT* with a mental health provider. For after-hours support, consider contacting the 24-hour crisis line for San Francisco Women Against Rape (**SFWAR**) at **415-647-7243**

Be advised that your only confidential resources at UCSF are the CARE Advocate, the OMBUDS, Faculty and Staff Assistance and mental health providers at Student Health. Most other faculty and staff are mandated to report sexual assault, sexual harassment, stalking and domestic violence. Student employees are also mandated reporters.