

GETTING HELP

if you have experienced **Sexual Violence**

- 1 Get to a safe place.** Find a safe location, like a hospital. If you do not feel safe or you're in immediate danger, call 911.
- 2 Seek Medical Care.** Call 911 or go to your nearest hospital emergency room. It is important to see a medical professional to help both your immediate physical health and prevent further damage to your health. A doctor or nurse may give you medicine to prevent HIV and other sexually transmitted infections (STIs) and emergency contraception to prevent pregnancy. You can receive an exam and treatment without having to report to the police or make other decisions at this time. A nurse or doctor can walk you through your options. The exam will be completed at no charge to you, and is required by law to be paid for by the county the crime was committed in.
- 3 Consider your legal options.** You have the right to report the crime and press charges against the offender. It's up to you if you want to report this crime. Call 911 or work with an advocate to reach out.
- 4 Reach out for support.** Advocates are available to help you navigate the aftermath of a rape or sexual assault and can offer support or guidance. Local advocacy agencies are listed below.

LOCAL RESOURCES

River City Domestic Violence Center: (605) 665-1448

Student Counseling Center: (605) 658-3580

National Hotline: 1 (800) 656-4673



For more information on how to prepare for an exam, go to <https://www.rainn.org/articles/rape-kit>