

24 Hour Emergency Numbers

472-1060: Sexual Assault Response Team

1-800-365-1587: Crisis Line

911: Campus or City Police

1-741-2000 Aurora Lakeland Hospital

You have the right to

- Medical treatment
- Counseling and support
- Have your complaints to the conduct officer investigated
- Have others present at your hearing
- Be informed of the outcome of the hearing
- Report to the police
- Change your academic or living situation
- Written educational materials
- Be treated in a non judgmental manner and with confidentiality
- Expect a campus climate that is respectful and caring.
- Know that statistical reporting of all incidents does occur

In Wisconsin, if you report the crime to the police within 5 days and apply for crime victim compensation within one year, you can be reimbursed for medical, hospital, and counseling expenses as well as lost wages and clothing reimbursement. Call 1-800-446-6564

For more information click on:
UWW Sexual Assault Response Team at
www.uww.edu/SART

The University of Wisconsin-Whitewater is committed to equal opportunity in its educational programs, activities, and employment policies for all persons regardless of race, color, gender, creed, religion, age, ancestry, national origin, disability, sexual orientation, political affiliation, marital status, Vietnam-era veteran status, parental status and pregnancy.

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UNIVERSITY HEALTH AND COUNSELING SERVICES

www.uww.edu/uwcs

Corner of Prairie and Starin
Division of Student Affairs, UW-Whitewater
www.uww.edu/staffair

Hours

Monday-Friday 8:00 - 4:30; summer & evening hours may vary.

Health Services 472-1300

- * Examinations and treatment for illnesses and minor injuries
- * Laboratory tests and medications
- * Allergy injections and immunizations
- * Pelvic exam and Pap test
- * Contraceptives
- * STD and HIV antibody testing
- * Cold self care
- * Referrals to specialists
- * Phone consultations with RN
- * Rehabilitation for students with disabilities

Counseling Services 472-1305

- * Individual counseling for many concerns, including...
 - * Relationships
 - * Depression
 - * Self-esteem
 - * Values clarification
 - * Alcohol and other drugs use
 - * Sexual assault and abuse
 - * Decision-making
 - * Anxiety
 - * Sexual orientation
 - * Stress
- * Group counseling options
- * Consultations with staff
- * Referrals to community agencies
- * Crisis intervention
- * Practicum training site

Wellness Services 472-1300 ext. 2244

- * Lobby Resource Center
- * [Royal Purple](#) articles
- * Bulletin board kits
- * Healthy U newsletter
- * Web site
- * Posters
- * Wellness fairs
- * Educational presentations

Employee Assistance Program 472-1305

- * Confidential assistance and referral for employees with concerns such as:
 - * Stress
 - * Depression
 - * Finances
 - * Alcohol and other drug use
 - * Troubled coworkers
 - * Marriage/family
 - * Health

24-Hour Emergency help:

911 Whitewater Rescue Squad

472-1060 Sexual Assault Response Team
262-741-3200 or 1-800-365-1587 Crisis Line

If You Are Sexually Assaulted...

Specializing in the Unique Needs of College Students

1) **Go to a safe place.** If the person who assaulted you knows where you are and may return, then leave the area. Go to visit a friend or to a well lit public area until help arrives.

2) **Call someone.** The Sexual Assault Response Team (SARTeam) is available 24 hours per day at **472-1060**. The SARTeam can provide emotional support, advocacy and information either over the phone or in person. Consider calling a friend or relative. You should not be alone right now. If you want to report the crime, the sooner you call the police the better.

3) **Keep your options open.** Do not bathe, shower, douche, brush your teeth, change clothes or move or touch anything at the location of the assault. **If you preserve the evidence, you maintain your choice to press charges at some point.** If you do not, that chance may be lost forever. The sooner you do this, the better, but some evidence may be able to be collected up to 72 hours later. To collect medical evidence go to a hospital emergency department and ask for a Sexual Assault Nurse Examiner to perform a forensic exam. A state fund will pay the charges for a forensic exam. A friend, SARTeam member or police officer can go with you. Bring along a change of clothes because you may need to leave your clothing as evidence. If you think someone may have slipped you a drug, ask that a specific drug test for Rohypnol or GHB be done immediately before the drug leaves your system.

4) **Seek medical attention.** If you go to the hospital for the forensic exam, you will also receive medical care. If don't go to the hospital, go to the University Health and Counseling Services to be checked for **internal and external injuries** and possibly treated for **sexually transmitted infections**. Let the

health care provider know if you are interested in **emergency contraception** which can prevent pregnancy up to 72 hours after the assault. At UHCS there is no charge for the exam and only small charges for tests and medication. Contact the SARTeam if you need assistance paying for these expenses.

5) **Care for Yourself.** You have been through a trauma. Your body has been flooded with stress hormones and your autonomic nervous system has increased your heart rate, breathing rate and muscle tension and slowed your digestion. Your normal ability to assess threats and self regulate your response to threats has been disrupted. **Drink plenty of water and exercise** to flush out the excess stress hormones in your body. Allow yourself to become **deeply relaxed** through deep breathing, meditation, guided imagery or progressive muscle relaxation to calm your autonomic nervous system. Take a bath, hug a pillow, rock, wrap up in a blanket or engage in other behaviors you find soothing.

6) **Seek counseling.** Call UHCS for a free counseling appointment. The normal reactions to sexual assault can make you feel very uncomfortable and **counseling can help you heal sooner and more completely.**

Every person responds differently, but common reactions include numbness, shock, disbelief, flashbacks, rage, tearfulness, being easily startled, grief, feeling violated, fear of being alone, difficulty concentrating, joylessness, difficulty sleeping, social withdrawal, and nightmares.

Everyone does not heal at the same pace. Your healing will depend on many factors including, the type of assault, your relationship to the offender, your personality, your prior life experiences, your support system and whether

or not you receive adequate professional counseling. You can not just make the feelings and reactions disappear by ignoring them. Counseling is important because phobias, alcohol or other drug problems, depression, sleep or eating disturbances, difficulty trusting others, or sexual dysfunction can develop if your feelings about the assault are not processed.

7) **Decide about taking legal action.** You have three avenues open to you. If you wish to press criminal charges, notify the police. For an assault that occurred on campus, call the University Police. If the assault occurred somewhere else, call the local police where the assault occurred. A SARTeam member or friend may come with you. The police will investigate the crime and determine the criminal charges. Then the District Attorney will decide whether or not there is enough evidence to prosecute. This can result in a trial or plea bargain.

If you want to pursue university conduct charges, call the Assistant Dean of Students at 472-1533. An investigation will be done and a decision made about disciplinary action.

If you want to sue in civil court, hire a lawyer to file the suit.

If you are under the age of 18, the law requires many helping professionals to report your assault to the authorities as child abuse.