# WHAT IF I OR SOMEONE I KNOW IS SEXUALLY **ASSAULTED?**

In approximately 86% of sexual assaults, the victim knows the perpetrator.

If you, or someone you know, has been sexually assaulted, please consider some of the following options:

- Seek medical attention as soon as possible at any of the four hospital emergency departments in **Onondaga County. Specially trained** nurses and advocates are available to support you. They can collect evidence and offer medications to prevent HIV, sexually transmitted infections and pregnancy.
- Call Vera House's 24-Hour Crisis & Support Line. A trained counselor will listen and offer support as you decide what to do next.
- Call 911 if you want to report the sexual assault to police.

If you have been sexually assaulted, it is not your fault.

Vera House offers individual and group counseling for survivors of sexual assault and sexual abuse, and their family members. Free counseling is available for women, men and children.

## **DOES SOMEONE CLOSE** TO YOU...

- threaten you, your children, pets, family and/or friends?
- call you names or yell at you in public or private?
- · cause you to feel afraid, crazy, unsure, or confused?
- not allow you to see family or friends?
- hit, kick, push, or physically restrain you?
- force you to do any sexual act against vour will?
- keep you from using your phone, car, money or other shared possessions?
- ignore or make fun of your feelings?
- act jealous or possessive?
- question your status as a "real" lesbian, gay man, or bi-sexual?
- threaten to 'out' you to family, friends, co-workers, or other people in your life?
- destroy, hide or not fix communication devices or adaptive equipment?
- withhold or change your medication?
- steal your things or force you to sign things you don't understand?
- provide inadequate care?

If you answered yes to any of the questions above, you may be a victim of abuse. Please call our 24-Hour Crisis & Support Line (315) 468-3260 for help.

24-Hour Crisis & Support Line

315-468-3260

**TTY Crisis & Support Line** 



315-484-7263 (business hours)

www.verahouse.org

**New York State Domestic & Sexual Violence Hotline** 

1-800-942-6906

www.opdv.ny.gov

R.A.I.N.N. Rape, Abuse & **Incest National Network** 



1-800-656-HOPE

www.rainn.org

## **ARE YOU SAFE?**



Vera House, Inc. Administrative & Outreach Offices

723 James Street Syracuse, NY 13203 phone: 315-425-0818 fax: 315-425-8942

www.verahouse.org





# Vera House, Inc.

**DEDICATED TO ENDING DOMESTIC & SEXUAL VIOLENCE** 

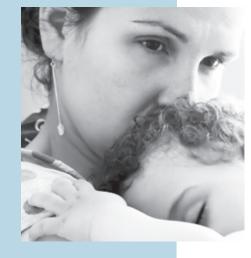




#### **WHO WE ARE**

Vera House is a comprehensive domestic and sexual violence service agency providing shelter, advocacy, and counseling services for women, children & men, education and prevention programs and community coordination.











Vera House is committed to ensuring our programs and services are welcoming to everyone.

## **PROGRAMS & SERVICES**

- 24-Hour Crisis & Support Line (315) 468-3260
   Support & information for victims, community members and professionals
- Advocacy Program
   Support & advocacy for victims of domestic & sexual violence and elder abuse
- New Directions: Rape Crisis & Sexual Assault Services
   Crisis response, counseling, advocacy & referrals for women, men and children
- Youth Counseling Services Individual, family & group counseling for youth
- Sexual Assault Nurse Examiner Program (SANE)
   24-hour response for victims of sexual assault
- Emergency Shelter Services Confidential sheltering services for women and men of all ages and their children
- Alternatives and Steps Programs
   Education & accountability for people with abusive behaviors
- Community & Prevention Education Program
   School-based, community & professional programs on domestic & sexual violence,
   healthy relationships and elder abuse
  - Men. Lead by Example
     Engaging men and youth in efforts to prevent domestic
     & sexual violence
  - Pet Foster Care Program
     Volunteers provide short-term care for pets of Vera House clients
  - Syracuse Area Domestic & Sexual Violence Coalition Coordinated community response to domestic & sexual violence and elder abuse
  - Volunteer Program
     Trained volunteers serve in many different areas

