

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.

Funded by: New York State Office of Victim Services, NYS Office of Children & Family Services, Onondaga County, State of New York, Private Donations and



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 your 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

6181 Thompson Road, Suite 100
Syracuse, NY 13206
phone: 315-425-0818
fax: 315-425-8942
www.verahouse.org



Vera House, Inc.

DEDICATED TO ENDING
DOMESTIC & SEXUAL
VIOLENCE

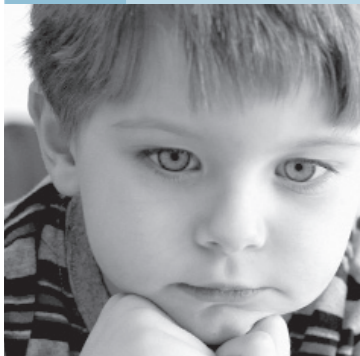


24-Hour Crisis & Support Line

 (315) 468-3260

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
- **Envisioning Change & Healthy Options for Families (ECHO)**
Home-based therapy program for teens
 - **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

