

# SUPPORT AND RESOURCES AFTER EXPERIENCING SEXUALIZED VIOLENCE

## IMMEDIATELY AFTER THE ASSAULT – GO TO A SAFE PLACE

For safety planning, and immediate and ongoing safety needs

### HALIFAX

**Dalhousie Security Services 24/7**  
902.494.4109

### TRURO

**Dalhousie Security Services 24/7**  
902.893.4190

**Emergency Services 911**  
(police, fire, ambulance)

## MEDICAL ATTENTION

Within 7 days of the assault, you can preserve physical evidence, treat any physical injuries and test for sexually transmitted infections (STIs) or pregnancy. A support person is welcome to accompany you.

### HALIFAX

**Avalon Sexual Assault Nurse Examiner (SANE) 24/7**  
902.425.0122

### TRURO

**Colchester East Hants Health Centre**  
902.893.5554

## ONGOING SUPPORT

### HALIFAX

**Student Health and Wellness**  
(including counselling services)  
902.494.2081

**Avalon Sexual Assault Centre**  
902.422.4240

### TRURO

**Student Health Services**  
902.893.6300

**Colchester Sexual Assault Centre**  
902.897.4366

## UNIVERSITY REPORTING OPTION

You can initiate a report through the University's Sexualized Violence Policy (can be initiated whether or not a criminal report is made).

**Sexualized Violence Advisor**

**Human Rights & Equity Services**  
902.494.6672

## Support and Explore Options

**Sexualized Violence Advisor**  
902.494.6672

Human Rights & Equity Services offers trauma-informed & confidential support, advising about options, liaison, requesting accommodations, arranging for safety planning, case management, referral. (You can discuss and explore options without initiating a report.)

## CRIMINAL REPORTING OPTION

You can initiate a report through the Criminal Code (can be initiated whether or not a university report is made).

**Emergency 911**

### HALIFAX

**Regional Police Dept**  
902.490.5020

### TRURO

**Regional Police Dept**  
902.895.5351

### RCMP

1.800.803.7267 or  
902.893.6820