Some survivors are concerned that sharing what happened will change the way other people see them, especially a partner. Reassure the survivor that surviving sexual violence doesn’t change the way you think or feel about them.

“This doesn’t change how I think of you.”
If a survivor opens up to you, it means they trust you. Reassure them that you can be trusted and that you will respect their privacy. Always ask a survivor before sharing their story with others.
“I’m sorry that this happened.”

Acknowledge that the experience affected their life. Phrases like, “This must be really tough for you,” and, “I’m so glad you’re sharing this with me,” help to communicate empathy.
“It’s not your fault.”

Survivors may blame themselves, especially if they know their perpetrator personally. Remind the survivor, maybe even more than once, that they are not to blame.
“I believe you.”

It can be extremely difficult for survivors to come forward and share their story. They may feel ashamed, concerned that they won’t be believed or worried that they’ll be blamed. Leave any “why” questions or investigations to the experts — your job is to support this person. Be careful not to interpret calmness as a sign that the event did not occur — everyone responds differently. The best thing you can do is to believe.
“You are not alone.”

Remind the survivor that you are there for them and willing to listen to their story. Remind them there are other people in their life who care and that there are service providers who will be able to support them as they recover from the experience.
The survivor might need medical attention, even if the event happened a while ago. You can support the survivor by offering to accompany them or find more information. It’s okay to ask directly, “Are you open to seeking medical care?”
Who is SAP? The Survivor Advocacy Program (SAP) at Ohio University is a confidential resource that provides support and advocacy services to student survivors of sexual assault, sexual harassment, relationship violence and stalking. We work to increase survivors’ access to support and resources whether the assault/incident(s) occurred recently or in the past.

SAP is staffed by three, full-time licensed social workers and two graduate assistants who are also licensed social workers.
What does SAP do specifically?

- Offer immediate, 24/7 response services
- Accompany survivors to appointments related to Title IX and legal processes, as well as medical, such as visiting the hospital for S.A.N.E. exams
- Provide guidance navigating the medical, Title IX and legal processes and services
- Aid in accommodating housing options and academic needs
- Give support to friends and family members of survivors
When and Where?

To speak to a confidential advocate immediately, contact our 24-hour hotline: 740-597-SAFE (7233).

You can also schedule an appointment by visiting our website and choosing the “Meet with an Advocate” tab. You will see a link to our Bookings page here.

www.ohio.edu/survivor

For spring semester, all meetings will be held virtually via Microsoft Teams.
You were, are and will always be more than what happened to you.

Survivors…
Ohio University Police Department (OUPD)
(740) 593-1911
88 University Terrace, 135 Scott Quad
ohio.edu/police
Report on-campus incidents to OUPD.

Athens Police Department (APD)
(740) 592-3313 or 911 in an emergency
11 North College Street
Report off-campus incidents within city of Athens to APD.

Counseling and Psychological Services (CPS) *
(740) 593-1616 24/7 mental health emergency hotline
3rd floor Hudson Health Center (on campus)
ohio.edu/counseling
counseling.services@ohio.edu
Campus-based mental health services for students

Hopewell Health Centers *
(740) 592-3091 or 1-888-475-8484 (24/7 hotline)
90 Hospital Drive (off campus)
Community-based mental health services.

Campus Care *
(740) 592-7100
1st floor Hudson Health Center (on campus)
ohio.edu/medicine/community-health/campus-care/
Routine and follow up care. (Forensic exams not offered.)

OhioHealth O’Bleness Hospital *
(740) 593-5551
55 Hospital Drive (off campus)
Emergency medical care and free sexual assault forensic exams.

University Equity and Civil Rights Compliance (ECRC)
(740) 593-9140
006 Lindley Hall (on campus)
ohio.edu/equity-civil-rights
equity@ohio.edu
To report a Title IX incident involving OHIO students, faculty, or staff.

*Confidential resource: Confidential resources are not required to report specific incidents to any other investigating body and may not disclose any information without the permission of the student.
Survivor Advocacy Program
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Ohio University