

For those of you who have experienced rape or other forms of sexual assault including stalking and harassment: You have been through or are going through a frightening and disorienting time. You may feel trapped or wonder if in any way your own behavior caused this to happen to you. You may want to just push it out of your mind (but find it keeps coming back) or you may want to take action against the person who attacked you. You may want someone with whom you can safely speak about what happened. You may want to know what your options are. It is important to emphasize that sexual assault, of any kind, is never the victim's fault. There are always alternatives to violence, rape, and coercion.

Counseling Services is a safe, free, and confidential place to talk. You are welcome here. If our receptionist says there is a wait, let him or her know that, due to the nature of your issue (you don't have to explain what it is), you'd like an immediate appointment. We can help with information and support.

Help Line: Safe Horizons Sexual Assault Hotline: 1-866-689-HELP. They provide support and information.

If you'd like to go to the hospital, go to a hospital that is part of the SAFE (Sexual Assault Forensic Examiner) program. You can find the hospital nearest you by [clicking here](#).

If you would like to be escorted by the police to the hospital, you can call 911 and a police officer will pick you up and bring you to the hospital.

Legal questions and answers are on this [website](#).