

Sexual Assault Survivors' Resource Guide

Updated April 2022



Consortium on
Gender-Based Violence



Introduction



Sexual assault is a traumatic experience that impacts each survivor differently. We respect the diverse needs of all survivors. No matter what you choose to do, we wanted to provide resources to go to counseling, get tested, get a forensic exam or to report. We offer this list of campus, community, and national resources in the hopes that each survivor can connect with the resources they need to heal.

How to support someone who discloses they've been sexually assaulted...

- Tell them "I believe you. /It's not your fault. / You're not alone. / This shouldn't have happened. / I care about you and I'm here to listen."
- Support and respect them in their decisions and don't pressure them to do anything they don't want to do
- Avoid judgment or why questions. Survivors may feel ashamed, concerned they won't be believed, or worried they'll be blamed.
- Make sure they know you're there for them
- Offer them this resource guide

Link to article with more resources for supporting survivors:

<https://www.rainn.org/articles/tips-talking-survivors-sexual-assault>

If you are a survivor of sexual assault, these are confidential resources that you can go to first in order to learn all your options...

Survivor Advocacy at UA

<https://survivoradvocacy.arizona.edu/>

1322 E. 1st Street

(520) 621-5767

Hours: Monday through Friday

8:30 am- 6:00pm

Free confidential, emotional support. Academic support & accommodations. Help with Title IX reporting & navigation. Assistance getting No Contact Orders on campus. Referrals to Counseling & Psych Services. Connection to community resources.

Southern Arizona Center Against Sexual Assault (SACASA)

<https://www.sacasa.org/>

1600 N. Country Club

(520) 327-1171

Hours: Monday through Friday 8:00 a.m. - 5:00 p.m.

24 hour crisis line: (520) 327-7273 or toll free at

(800) 400-1001

Provides crisis services, advocacy, support, therapy and education for individuals and families impacted by sexual trauma. SACASA provides a safe place for survivors to heal, gain strength, learn coping skills, and develop trusting, caring relationships. They have a Sexual Assault Response Service (SARS) that provides survivors an advocate that respond to any Tucson hospital emergency department to provide immediate crisis intervention and advocacy, as well as provide information about the survivor's options and rights.

If you need immediate medical attention or counseling...

Banner University Medical Center

<https://www.bannerhealth.com/locations/tucson/banner-university-medical-center-tucson>

1625 N Campbell Ave

Tucson, AZ 85719

(520) 694-0111

To receive an exam you can go directly to the hospital and request one, or call SACASA's crisis line with any questions or concerns regarding a medical forensic exam and a SARS advocate will coordinate with the forensic examiner to set up an exam.

Tucson Medical Center (TMC)

www.tmcaz.com

5301 E. Grant Road

(520) 327-5461

To receive an exam you can go directly to the hospital and request one, or call SACASA's crisis line with any questions or concerns regarding a medical forensic exam and a SARS advocate will coordinate with the forensic examiner to set up an exam.

Oasis + Counseling and Psychological Services

<https://caps.arizona.edu/oasis>

Over Zoom: Call 520-626-2051 to schedule an appointment or for MENTAL HEALTH 24/7

Call CAPS at 520-621-3334 and press 1 to be connected to the crisis line.

Zoom office hours Monday through Friday 8 a.m. - 6 p.m.

Provides counseling services for sexual assault, relationship violence and stalking. This is a confidential resource.

If you need STI testing...

Campus Health

<https://health.arizona.edu/std-testing>

1224 E. Lowell St.

Main Phone: (520) 621-6490 or you can make an appointment online

If you have symptoms: (520) 621-9202

Hours: Mon, Tues, Thurs, Fri: 8 a.m.- 4:30 p.m. ;

Wednesday: 9 a.m.- 4:30 p.m.

Testing for chlamydia, gonorrhea, HPV, syphilis, HIV, Herpes, and Hepatitis B

Pima County Health Department

Theresa Lee Clinic

<https://webcms.pima.gov/>

1493 W Commerce Ct.

(520) 724-3995

Hours: Express Testing: Monday - Friday

8:00 a.m. - 5:00 p.m.

Clinic Visits: Monday - Friday

8:00 a.m. - 4:00 p.m.

Same-day appointment for STD testing

Services include diagnosis and treatment of sexually transmitted diseases, HIV testing and counseling, partner identification and treatment and community outreach and education.

Planned Parenthood

<https://plannedparenthood.org>

2255 N Wyatt Dr.

(520) 408-7526, or you can book appointment online

Monday: 9am-5pm, Tuesday 10am-6pm,

Wed.-Fri.- 7:30am-5pm

Provides tests for bacterial vaginosis (BV), chlamydia, genital warts, gonorrhea, herpes, HIV (testing and diagnosis only), syphilis, trichomoniasis (trich). You can also get emergency contraception (the morning after pill) through them.

Southern Arizona Aids Foundation

(SAAF)

<https://saaf.org/>

375 South Euclid Ave.

(520) 628-7223

Hours: Mon-Fri 8am-5pm

HIV testing only

Plan B is a progesterone-only emergency contraceptive that works by delaying ovulation. You can get it over the counter without a prescription. Stores that carry it in-aisle are CVS, Target, Walgreens, and Walmart.

Retail price: \$50 for Plan B or \$40 for generic version Aftera

Go to <https://www.planbonestep.com/> for a \$10 off coupon or to find a retail location closest to you

Closest locations to campus:

CVS

825 E University Blvd #101

Plan B is locked on a shelf, any employee can get it for you. Open 24 hours.

If you want to report...

Tucson Police Department

911 (off-campus emergency)

Non-emergency and General Information:

(520) 791-4444 (8 a.m. to 6 p.m.).

After 6pm call 911 for emergency and non-emergency incidents

University of Arizona Police Department

1852 E 1st St

(520) 621-8273 (non-emergency number)

You can file a report for an instance that happened in a university owned facility or at a university sponsored event.

Office of Institutional Equity & Title IX

Office

<https://equity.arizona.edu>

888 N Euclid Ave, Room 113

(520) 621-9449

Submit a report:

<https://equity.arizona.edu/report-concern>

Office to file a report against an employee, visitor, vendor, or contractor.

Student Assistance

<https://deanofstudents.arizona.edu/support/student-assistance>

1212 E University Blvd

(520) 621-7057

Support resources for all UA students to help with psychological health, physical health, victimization, relationship issues, social adjustment, and academics. They provide interventions as well as connect students with resources. They can help to change school schedules and changing living arrangements.

If you need legal representation...

Pima County Bar Association Referral

program for UA students

<https://www.pimacountybar.org/>

(520) 623-8258

Program that provides legal assistance to UA students when they need further help beyond the scope of ASUA Student Legal Services with a discounted student rate.

Pima County Victim Services

<https://www.pcao.pima.gov/pcao-divisions/victim-services>

32 N. Stone Ave

(520) 724-5600

Hours: Monday through Friday 8 a.m. - 5 p.m.

They provide a variety of services to victims and witnesses, including crisis intervention, emotional support, information about victims' rights, information about victim compensation funds, information about the legal system, referrals to other community resources, case specific information, and court accompaniment. They are a good resource to contact whether you want to report to the police or not, but most effective if you are going through the court process.

Domestic Violence Law Clinic - James

E. Rogers College of Law

<https://law.arizona.edu/domestic-violence-law-clinic>

To request intake: contact the director Negar Katirai by email nkatirai@arizona.edu or phone (520) 626-2256

Trained law students and supervising attorneys provide intimate partner violence survivors with confidential legal representation, advice, and counseling. This includes orders of protection representation.

ASUA Student Legal Services

Fill out the online form to be contacted and receive 30 minutes of free legal counsel.

<https://asuatoday.arizona.edu/what-we-do/student-legal-services>

If you or someone you know are a survivor of intimate partner violence...

Emerge! Center Against Domestic Violence

emergecenter.org

2545 E. Adams St.

(520) 795-8001

24-hour bilingual English/Spanish crisis hotline: (520) 795-4266 or 1-888-428-0101 (for crisis intervention, safety planning, information and referrals)

Provides domestic abuse crisis intervention and housing, prevention, education, support, and advocacy services to anyone experiencing domestic abuse.

Southern Arizona Aids Foundation (SAAF)

<https://saaf.org/>

375 South Euclid Ave.

(520) 628-7223

Hours: Monday, Wednesday & Friday: 8:30a.m.-2:30p.m. ; Tuesday & Thursday: 1:00 p.m. - 7:00 p.m.

24 hour Bilingual Crisis Line: (520) 624-0348 or

1(800) 553-9387

Provides emergency shelter services, ongoing crisis intervention, safety planning, and goal planning for LGBTQ+ survivors of violence.

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Pima County Justice Court

<https://www.jp.pima.gov/index.html>

240 N. Stone Ave.

(520) 724-3171

To file a petition online:

<https://azpoint.azcourts.gov/>

A petition for an order of protection may be filed in court Monday- Friday between the hours of 8:00 a.m. - 4:30 p.m.

If you need someone to talk to urgently, open 24/7...

Southern Arizona Center Against Sexual Assault (SACASA) - see page 4

24 hour crisis line: (520) 327-7273 or toll free at (800) 400-1001

RAINN (Rape, Abuse & Incest Network)

rainn.org

24 hours/7 days a week/365 days a year
1 (800) 656-4673

National sexual assault hotline. Provides confidential support to help talk you through what happened. They can also help to connect you to local resources, provide information on local laws and basic information about medical concerns.

National Domestic Violence Hotline

24 hours/7 days a week/ 365 days a year
thehotline.org

1 (800) 799-7233 or text LOVEIS to 22522

Talk to a trained advocate confidentially. They can provide resources and information, or answer questions about unhealthy aspects of your relationship.

Love is Respect - National Dating Abuse Hotline

<https://www.loveisrespect.org/>

24 hours/7 days a week/365 days a year

1(866) 331-9474 or text LOVEIS to 22522

A safe and inclusive space for young people that offers help and resources on healthy relationships and dating abuse including referrals and legal help.

Crisis Text Line

<https://www.crisistextline.org/>

24 hours/7 days a week/365 days a year

Text HOME to 741741

Available to anyone in the United States, about any type of crisis. A live, trained crisis counselor receives the text and responds, all from a secure online platform.

For any comments, updates, or feedback on this guide contact Allison Latham-Jones at the Consortium on Gender-Based Violence at alathamjones@arizona.edu

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