



## AMHERST COLLEGE

# How to Help a Someone Who Has Experienced Sexual Trauma

### GENERAL GUIDELINES

- Be patient. Do not push them to your timeline. Give them respect and control and time to respond, cope, have reactions, begin to heal, and tell others at their own pace. Trust them, remember to listen and respect their decisions.
- Help to empower them. Acts of sexual violence are crimes that take away an individual's power. It is important not to compound this experience by putting pressure on them to do things that they are not yet ready to do. Help them restore a sense of safety and control.
- Recognize you can take the best care of your friend if you are also taking care of yourself

### CAMPUS TRAUMA RESOURCES

- Encourage and support them in their decisions to get help. There are a number of local organizations that provide 24-hour crisis support for survivors of sexual violence and the people that are concerned about them. Allow them to feel safe, supported and cared for but getting the support they need. All of these organizations will offer support and advice to friends of survivors.
- If they are depressed, follow-up with them on a regular basis. Keep them safe if they are actively suicidal and making statements indicating they have plans of suicide by contacting campus supports such as the counseling Center or Amherst College Police.

### REPORTING RESOURCES

- Members of our campus community and visitors can report the sexual misconduct (**sexual assault, dating violence, sexual harassment etc.**) to the Title IX Coordinator or Deputy, the Amherst College Police, the Dean of Student Conduct or the Amherst Town Police. The Title IX Coordinator can share the variety of resources and options available.
- The Center for Women and Community 24-hour rape crisis hotline offers support and information for survivors and their friends. Questions about the criminal justice process can be answered by speaking with someone at the National Sexual Assault Hotline. Title IX and Sexual Respect resources, FAQs and an anonymous reporting form are all available on the Amherst College Title IX and Sexual Respect website.
- A survivor's sense of safety, privacy and control is essential in their path towards wellness and recovery. Support them to report or use other resources by offering to accompany them wherever they need to go (Town Police, AC Police, a member of the Title IX Team, etc.). Medical Resource such as the Amherst Health Center and the Counseling Center are confidential resources. Encourage your friend to seek medical care, but remember the decision is one they need to be allowed to make on their own.

**Anonymous Reporting | 1.888.497.1022**

**Amherst College Police | 413.542.2111**

**Amherst Town Police | 413.259.3000**

**\*CWC (24/7) | Rape Crisis Hotline |  
413.545.0800**

**\*Safe Passage Hotline (24/7) | 413.586.5066**

**\*Counseling Center | 413.542.2354**

**\*Amherst Health Services | 413.542.2266**

**\*Cooley Dickinson Hospital (24/7) | 413.582.2000**

**\*Amherst College Religious Life | 413.542.8149**

**Title IX Coordinator | 413.542.5707**

**Dean of Student Conduct & Community Standards |  
413.542.2337**

**Sexual Respect Education | 413.542.5671**

**\*Confidential Resource**