



Sexual Assault:

Who to Turn to for Help

The aftermath of sexual assault and violence can be emotional & difficult. Counseling can be an important step in helping someone who has been assaulted or abused regain a sense of safety and control in their lives and move toward healing and recovery.

Sexual Assault, Relationship Violence and Stalking are frightening realities for anyone to have to face alone. **The College of Saint Rose Counseling & Psychological Services Center** offers free and completely confidential support services for students who have experienced sexual assault, relationship violence, stalking & more. Services include:

- 24-hour crisis intervention
- Individual trauma-informed counseling for male & female students
- Emotional and psychological support to promote self-care & safety planning
- Facilitation of referrals for medical evaluations, testing, or treatment at a local hospital or clinic
- Review of legal and procedural information regarding reporting options to the college and/or law enforcement
- Advocacy, including accompanying the student to the department of Security or to the Title IX Coordinator should the student decide to report the incident
- Coordination with other offices and on-campus services for academic, housing or safety needs
- Referrals to local resources such as the Albany County Crime Victims & Sexual Assault Care Center & Equinox Domestic Violence Services

Important Phone Numbers:

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| ◆ Counseling Center: | 518-454-5200 |
| ◆ Health Services: | 518-454-5244 |
| ◆ Campus Security: | 518-454-5187 |
| ◆ Campus Title IX Coordinator & Chair of the Alliance for Sexual Assault Prevention (ASAP),
Dennis McDonald, VP for Student Affairs: | 518-454-5126 |
| ◆ Crime Victims & Sexual Assault Care Center: | 518-447-7100 |
| ◆ Equinox Domestic Violence Services: | 518-432-7865 |

Compliments of The College of Saint Rose Counseling Center
947 Madison Avenue Albany, NY 12203 (518)-454-5200