

You are not alone.

a comprehensive resource guide for UMW
survivors of sex and gender-based violence

For an online version,
please visit www.bit.ly/UMWnotalone

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UNIVERSITY OF
MARY WASHINGTON



empowerHOUSE
SUPPORTING SURVIVORS OF DOMESTIC VIOLENCE

Where do I start?

This guide can help you learn about the resources available to you. You can access these resources in any order, at any time, and in any combination depending on your needs.

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***You deserve to be supported and
listened to.
You deserve to be believed.
We want to help.***


**If you are in need of immediate help, please contact one of
these 24/7 services:**

UMW Police: 540-654-4444

**National Suicide Prevention Lifeline:
1-800-273-8255**

RCASA's Sexual Assault Hotline: 540-371-1666

**Empowerhouse's Domestic Violence Hotline:
540-373-9373**



I need to talk to someone.

Everybody deals with traumatic events differently, but for many people it is helpful to talk about the experience with someone else. Now, or at some point in your healing process, you may consider sharing your emotions, experience, and perspectives with someone that you trust. If you are having unhealthy or alarming feelings, it is important that you reach out to a trained mental health professional to help process these feelings.

I'm depressed or I've thought about hurting myself...

The [Talley Center for Counseling Services](#) can provide counseling and support for people experiencing depression and suicidal ideation. If the situation is an emergency and requires immediate assistance, [UMW Campus Police](#) can respond to the scene - call (540) 654-4444. National Suicide Prevention Lifeline – call 1-800-273-8255.

I want to talk to the Confidential Victim Advocate

The Confidential Victim Advocate, located within the Talley Center is a great place to start when you need more information. The advocate can offer information about your legal rights and options for services both on and off campus. They will provide emotional support as you decide your next step. At your direction, the advocate can coordinate services with law enforcement, medical professional, or Title IX. Accompaniment to various service organizations and legal proceedings is also available. To schedule a CONFIDENTIAL appointment, call 540-654-1053 or in- person at the Talley Center's Tyler House location.

I want to talk to a counselor at the Talley Center...

Members of the [Talley Center](#) staff are able to assist you with any mental health issues that you might be experiencing. Counselors are available Monday through Friday from 8 a.m. to 5 p.m. at

(540) 654-1053. If you call after hours, you can leave a confidential voicemail and the office will reach out to you the next business day. A professional trained in crisis response can be reached or any time after 5 p.m. or on the weekends by calling [University Police](#) at (540) 654-1025. Both individual counseling and specific support groups are available to support the needs of survivors. Talley Center counselors maintain full confidentiality, as allowed by law.

Who is a confidential employee?

Employees of the Talley Center, Student Health Center, the Victim Advocate, and Athletic Trainers are not required to share information about sex or gender-based violence with the Title IX Coordinator. They will keep the information you share with them strictly confidential, unless you ask them to share with others.

Who is a responsible employee?

Most faculty and staff on campus are “responsible employees,” which means that they must report an incident involving sex or gender-based violence to UMW’s Title IX Coordinator. The Title IX Coordinator will then reach out to you, typically via email, to offer resources, support, or answer questions. You may choose to respond to the Coordinator or not. You may choose whether to seek accommodations or not. If an alleged felony incident of sexual assault has occurred, an investigation may be required by law. You can choose to participate in the investigatory process or not.

I want to talk to my professor or other UMW staff member...

Most faculty and staff, including campus police, are “responsible employees,” which means they must report the incident to [UMW's Title IX Coordinator](#). You can still talk to them, and they are eager to help you. Just be aware that they are legally required to report incidents of sex and gender-based violence, stalking, and harassment. Be mindful that other people may overhear your conversation if you talk to a “responsible employee” faculty or staff member because most of those settings are not designed with privacy in mind. For example, if you talk to a faculty member during office hours with the door open, a student in the hall may hear. You may want to communicate with the professor or staff member ahead of time to ensure privacy and plenty of time to talk. Although all faculty and staff complete a mandatory Title IX training, most “responsible employees” do not have expertise in sex and gender-based violence and they may inadvertently say something that is not supportive. They might be surprised, or unsure of how to help. Consider bringing this resource guide to help guide the conversation, or follow up with a confidential resource, like the [Talley Center](#) or [Student Health Center](#), or professionals who have completed training specific to helping people impacted by gender-based violence, like members of the [Office of Title IX](#).

I want to talk to someone off campus...

If you are a victim/survivor of domestic violence, [Empowerhouse](#) provides a 24-hour hotline (540) 373-9373 where advocates are available to listen, and help you plan for safety and assess your situation for risk. Advocates can also accompany you to court or the hospital, talk about shelter options, or connect you with a support group. All services are FREE and confidential. Don't have a car? Let the hotline advocates know and they will arrange options that may work for you.

If you are a victim/survivor of sexual assault, [Rappahannock Council Against Sexual Assault \(RCASA\)](#) provides a 24-hour crisis hotline (540) 371-6771 through which you can gain support, ask questions, and find out what your options are. If you choose to go to the hospital or to court, an RCASA advocate can accompany and support you through the process. RCASA also offers individual counseling as well as group support. All services are free and confidential.

What can Empowerhouse offer?

24-hour hotline: (540) 373-9373
Court Advocacy
Emergency Shelter
Support Groups
Health Care Accompaniment
Latinx and Culturally Relevant
Services

Visit www.empowerhouseva.org

What can RCASA offer?

24-hour hotline: (540) 371-1666
Individual and Group
Counseling
Psychoeducational Groups
Case Management
Hospital and Court
Accompaniment
Latinx Services
LGBTQI+ friendly services

Visit www.rcasa.org


What other options are available?

The [Rappahannock Community Services Board \(RACSB\)](#) provides a variety of counseling services. [You can explore their resources at this link.](#)

You may have a mental health professional at home that you feel more comfortable talking with – remember that, if you are still on your parent's insurance they may be notified of the appointment.

If you have a strong relationship with a member of the clergy, you may prefer to talk to them. If you need help connecting

with local clergy, contact the UMW Victim Advocate or Mental Health Coordinator at the [Talley Center](#).



I need
medical
attention

After an assault you may be numbed by the emotional stress of the event and feel fine physically; however, it's important to seek medical care as soon as you are able. An advocate is specifically trained to support and provide you with your rights and treatment options, including the ways to handle transportation and the cost of your treatment. Consider reaching out to the Confidential Advocate at the Talley Center, RCASA or Empowerhouse as you seek treatment. You can also request hospital staff or Student Health Center Staff to contact an advocate on your behalf.

Medical professionals will complete a medical exam to address your physical health. In cases of sexual assault and physical violence, a forensic medical exam may be completed to collect and preserve forensic evidence.

It is important to receive medical care in order to:

- Be examined and treated for any injuries; **some injuries such as strangulation or head trauma may not initially show symptoms but can later develop into a hazardous condition**
- Be tested and treated for possible exposure to sexually transmitted diseases
- Discuss ways to reduce the risk of pregnancy, if applicable
- Collect medical evidence if you decide to report the assault to the police.

I want to get medical attention on campus...

The [Student Health Center](#) is a weekday health clinic for UMW students open during business hours. SHC care focuses on routine and acute health care needs for students. This includes initial diagnosis and treatment of acute illnesses and/or injuries with appropriate follow up for most short-term illnesses. In the event it is a medical emergency or you require specialized medical care, the SHC staff will assist you in making that process as smooth as possible. **The Student Health Center cannot perform a forensic medical examination.**

Concerned about cost?

Many services at the Student Health Center are low-cost or free of charge. Fees at the Student Health Center are either charged to your student account or Eagle One card; if your parent or guardian monitors these accounts, they may see this charge on your bill. Please speak to the nurse or doctor about your concerns.

Student Health Center Costs Fall 2019

Chlamydia and Gonorrhea testing: One free test per year; \$15 for additional tests

Birth control: Appx. \$8 per pack

Emergency contraception: Appx. \$35

Pregnancy testing: \$5

Complete women's health exam (PAP): \$15

Do you want to make an appointment?

You can make an appointment with the Student Health Center by calling (540) 654-1040. The health center is open daily 8:30am-4:30pm (except Tuesdays from 12pm-1 pm).

What can you expect?

When you arrive at the Student Health Center for your appointment, you will check in at the front desk and ask to wait in the waiting room. A nurse will call you back to take your vitals, ask why you

are there, and may ask for additional information in order to perform the appropriate tests or refer the best service.

Remember that Health Center staff are confidential. Sharing whatever information you are comfortable sharing may help the staff treat you.

I would rather get medical attention off campus...

Do you need transportation and/or someone to go with you?

[Empowerhouse](#) and [RCASA](#) may be able to help. Contact the hotline 24 hours a day to talk to an advocate.

- RCASA's Sexual Assault Hotline: 540-371-1666
- Empowerhouse's Domestic Violence Hotline: 540-373-9373.

If you decide to disclose to University Police, they can escort you to the hospital. If you visit the Student Health Center first and mention that you would like a forensic exam, they may be able to assist you with securing transportation.

Local Hospitals:

Mary Washington Hospitals

Fredericksburg Campus: 1001 Sam Perry Blvd,
Fredericksburg, VA 22401 (**Forensic Medical Exam Location**)
Stafford Campus: 101 Hospital Center Blvd, Stafford VA
22554

Spotsylvania stand-alone ER: 10401 Spotsylvania Ave., Suite 103,
Fredericksburg, VA 22308

Spotsylvania Regional Hospital: 4600 Spotsylvania Pkwy,
Fredericksburg, VA 22401

Are you worried about the cost?

There are resources and programs available to help cover different medical costs. While sexual assault exams are always covered by

the Commonwealth of Virginia, there may be different coverage for domestic violence-related exams. Empowerhouse and RCASA may also be able to help. Contact the hotline 24 hours a day to talk to an advocate.

Free and reduced-cost STI exams are available at the [Fredericksburg Department of Health](#) (608 Jackson St., Fredericksburg, VA 22401) or (540)899-4142.

In addition, [FAHASS](#) (Fredericksburg Area HIV/AIDS Support Services) (540)-907-4555 provides free and confidential STI testing.

If you are considering a Forensic Medical Exam (sometimes called a PERK/SANE exam)...

- It is important that this be done sooner rather than later, to preserve evidence and ensure you receive prompt medical care.
- Do not bathe, wash, or douche. Try not to urinate if possible.
- If oral contact took place, do not smoke, eat, or brush your teeth.
 - Go to the Mary Washington emergency room. Medical attention is important – you may have injuries of which you are unaware. The hospital can also test you for sexually transmitted infections and provide emergency contraception if desired.
- If you're already changed clothes, place them in a paper bag (not plastic). If you haven't changed, keep the original clothes on, and bring an extra set to wear home from the hospital. The clothes you are wearing could be used as evidence.

What is a forensic medical examination?

A comprehensive medical exam performed by a specially trained [Sexual Assault Nurse Examiner \(SANE\)](#) in instances of sexual assault. A Forensic Nurse Examiner (FNE) provides personalized comprehensive care to patients who have experienced interpersonal violence, such as domestic violence, and strangulation. If possible, have the exam completed within 120 hours (5 days) of the assault.

Where do I get a forensic medical exam?

It is important that you receive treatment at a facility where the staff is trained to provide care for sexual assault and intimate partner survivors and know the correct methods for evidence collection. Currently, SANE and FNE nurses are available through the [Mary Washington Hospital Emergency Room](#): 540-741-1000 or 911 (police emergencies).

Private physicians are typically not trained to perform forensic medical exams; however, they can counsel you on your options and refer you to the closest hospital or clinic where you can receive the exam. A primary care physician can assist you with physical injuries, as well as pregnancy and STI testing. If you are still on your parents' insurance, they will receive the bill for this exam, which may include details about the services you received such as pregnancy testing and STI exams.

Will a forensic exam take a long time?

Exams can last several hours, but the important thing to remember is you have choices throughout the process. You can ask questions at any point and can change your mind if you decide to. If a support person (either a friend, family member, or advocate through Talley Center, Empowerhouse or RCASA) would be helpful, they can be with you throughout the process. If you're not sure whether you want to report or not, you can talk with the forensic nurse about your evidence being held without being

reported. If you decide to go to your family physician or primary care provider, consider telling them what generally happened, as they can often best treat you when they know what they're looking for. Some physical examinations may be triggering or upsetting for survivors of sex or gender-based violence; you may consider discussing this with a medical or mental health professional prior to your exam or appointment.

What does the forensic medical exam cost?

The Commonwealth of Virginia will pay for the cost of the sexual assault forensic medical exam and the evidence can be stored for up to five years. However, health professionals are required to obtain authorization from law enforcement to perform forensic medical examinations for victims of physical assault.

What happens with the forensic medical exam after the evidence is collected?

If you are under the age of 18, your nurse or doctor will be required to report the incidence to the Department of Social Services. Having a forensic sexual assault medical exam completed does not mean you have to make the decision to file a criminal report or complaint with UMW. You can do a BLIND sexual assault forensic exam, which means that the evidence aka Physical Exam Recovery Kit (PERK) is kept anonymous. Domestic violence or physical assault cases do not have the options of keeping the evidence anonymous. Domestic violence victims must cooperate with criminal proceedings in order to have a forensic medical exam conducted.

If you choose to report your sexual assault to law enforcement, the police will take custody of the PERK from the SANE at the hospital and it will be sent to the [Department of Forensic Science](#) within 60 days. You have the right to be notified of the status and results of your PERK analysis. If you choose not to report the crime, your PERK kit will be stored for a minimum of two years. You can request for the PERK to be tested at any time.

Preserving evidence, including from a forensic exam performed by a SANE nurse, does not obligate the sexual assault survivor to pursue criminal charges or to appear in court.



After experiencing sex or gender-based violence, you have many options to ensure your safety and/or to hold the perpetrator responsible. All options are available to you, in any order, and in any combination.

I want the University to investigate...

I want the University to help me and to hold the perpetrator accountable... You may report directly to the [Office of Title IX](#). They can help with housing and academic accommodations, as well as No Contact Orders, information on the campus disciplinary process, medical assistance, reporting to law enforcement, and other support and resources. Please note that under Virginia law, the University is required to notify the police if a felony is reported.

I am afraid that I will get in trouble because I had been drinking... UMW will grant limited amnesty to a student who has been the victim of sex or gender-based violence or harassment from drug, alcohol, and other student conduct policies.

This happened when I was a freshman and I am now a senior. Can I still report? Can my perpetrator still be held accountable? There is no time limit for reporting to the University. However, UMW's ability to respond may diminish over time, as evidence may erode, memories may fade, and the perpetrator may no longer be affiliated with the University. However, help, resources, and support are still available to you.

Contact the Office of Title IX:

Title IX Coordinator: Stefanie Lucas-Waverly
Fairfax House
slucaswa@umw.edu
(540) 654-5656

Deputy Title IX Coordinator for Employees: Terri Arthur
GW 201
tlockhar@umw.edu
(54) 654-2051

Deputy Title IX Coordinator for Students: Crystal Rawls
UC 303
Crawls@umw.edu
(540) 654-1801

Coordinator for Prevention and Advocacy: Marissa Miller
Fairfax House
Mmille23@umw.edu
(540) 654-1193

I am too afraid to give my name...

You can report online or anonymously by visiting:

www.umw.edu/police/reporting-a-crime/silent-witness-form/
Reporting anonymously does not preclude you from reporting the incident to the Office of Title IX when you are ready.

I want to involve the police...

UMW Police can assist you in obtaining medical treatment, counseling, support, and protective orders, and other police services. UMW Police will work with you to determine if a criminal investigation will occur.

A report to the UMW police can be made independently of any actions you take on campus. The UMW Police can help you pursue criminal legal options, while Title IX assists with administrative options. UMW Police Department also serves the Stafford and Dahlgren campuses.

*I want to talk to the
Fredericksburg Police
Department...*

The UMW Police can assist you in notifying Fredericksburg Police Department, if a crime has occurred off campus or you can call the non-emergency number 540-373-3122 to make a report. If it is an emergency, always dial 911.

Contact UMW Police:

Fredericksburg Campus:
UMW Police and Public Safety
Brent House
Emergency: (540) 654-4444
Non-Urgent: (540) 654-1025

Stafford Campus:
Stafford Campus Security
South Information Desk,
South Lobby
(540) 286-8055

Dahlgren Campus:
(540) 654-1025

If a warrant is issued for your abuser's arrest, you may be entitled to certain rights. Victim Witness Program staffers can explain those rights, in addition to providing courtroom assistance, case notification, financial assistance, protection and referrals to area service providers. You can contact the Victim Witness Program at 540-993-1660.

I want to file for a Protective Order...

What is a Protective Order?

A Protective Order is a civil legal document issued by a judge or magistrate to protect the health and safety of a person who is alleged to be a victim of any act involving violence, force or threat that results in bodily injury or places that person in fear of death, sexual assault, or bodily injury. To be eligible for a

protective order, you must have been subjected to an act or threat of violence that results in bodily injury or places you in reasonable fear of death, sexual assault or bodily injury. If you are afraid of or intimidated by your abuser, a protective order may prevent the offender from contacting you or coming near you. The abuser can be arrested and jailed if they violate the protective order.

Where do I go to get a Protective Order?

If the person from whom you want protection is a family member or juvenile, you should go to the Juvenile and Domestic Relations Court (J&DR) at 615 Princess Anne Street in Fredericksburg. Call first (540-372-1068) to ensure a judge is available. For all other cases, go to the General District Court at 701 Princess Anne Street in Fredericksburg. The clerk can contact Victim Witness staffers if you need assistance. *Remember: Cells phones are not allowed in either court building.*

What should I bring with me when filing for a Protective Order?

You should bring the name, address, and identifying information of the person from whom you are seeking protection and a full description of the event that led you to seek a protective order. You should also bring your copy of the Emergency Protective Order and information about the warrant or petition alleging an act of violence, force, or threat, if either was issued.

Who will go with me?

You can request court accompaniment for emotional support from several service providers:

- The Confidential Victim Advocate within [Talley Center Counseling Services](#) (540-654-1053),
- The [Victim Witness Assistance Program](#) : (540) 993-1660)
- [RCASA](#) : (540) 371-1666
- [Empowerhouse](#) : (540)373-9373

I want to talk to an attorney....

For legal help, you can contact [Legal Aid Works®](#) to see if you qualify for free legal services.

What can an attorney do to help me?

An attorney can help you understand your rights, explain the legal system, and give you knowledgeable advice about your legal options as a survivor.

Will my meeting with a lawyer be confidential?

Yes. Attorneys will keep your information completely confidential and will not disclose what you discuss unless you specifically agree to disclose it.

Do I really need a lawyer?

Our legal system is designed to function best when each side in a dispute is represented by a lawyer.

Is the prosecutor my lawyer?

No. The prosecutor, called Commonwealth's Attorney in Virginia, represents the Commonwealth of Virginia if your perpetrator is charged with a crime. The Commonwealth's Attorney puts the perpetrator on trial and tries to get a criminal conviction against the perpetrator. At the criminal trial, the perpetrator has the right to be represented by a defense attorney. The prosecutor might call you as a witness to testify against the perpetrator.

If the violence against me is a crime, why would I want to consider going to civil court?

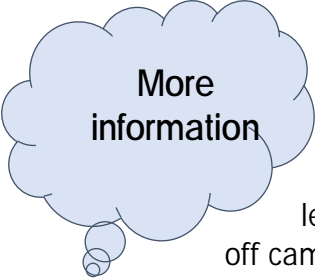
In civil court, you might want to consider other legal remedies besides having the perpetrator found guilty of a crime. You can ask an attorney about getting a protective order (which could prevent the perpetrator from contacting you) or filing a civil claim for money damages against the perpetrator.

How can I find a lawyer?

You can find a lawyer to give you advice in one of several ways. If you cannot afford to hire an attorney, you can see if you qualify for free legal services. Call Legal Aid Works (540) 371-1105 to see if you are eligible (low income) www.legalaidworks.org.

You might ask friends or family members to refer you to an attorney they know and trust. You can call the Virginia Lawyer Referral Service (800-552-7977). You will be referred to an attorney who will give you 30 minutes of advice for a \$35 fee. That is a good way to find out some basic information and decide if you need an attorney for your legal issue.

If you have a general legal question, go to www.virginia.freelegalanswers.org. You can pose your question online and a volunteer attorney will answer your question for no charge.



More information

The Confidential Victim Advocate, located within the Talley Center, is a great place to start when you need more information. The advocate can offer information about your legal rights and options for services both on and off campus.

They will provide emotional support as you decide your next step. At your direction, the advocate can coordinate services with law enforcement, medical professionals, or Title IX. Accompaniment to various service organizations and legal proceedings is also available. To schedule a CONFIDENTIAL appointment, call 540-654-1053 or in-person at the Talley Center's Tyler House location.

Key Terms:

Please note that these are University of Mary Washington specific definitions. Criminal definitions may vary by state. If you are unsure, please contact the police, UMW's Confidential Advocate, Victim Witness, Empowerhouse, or RCASA.

What is *Sexual Assault*?

Sexual Assault is non-consensual bodily contact of a sexual nature. It includes any sexual contact when the Complainant does not or is unable to consent through the use of force, fear, intimidation, threats, physical helplessness, ruse, coercion, or incapacitation; intentional and non-consensual touching of or coercing, forcing or attempting to coerce or force another to touch a person's genital area, groin, inner thigh, buttocks or breast, clothed or unclothed; and non-consensual sexual intercourse, defined as anal, oral or vaginal penetration, however slight, with any body part or object.

What is *Intimate Partner Violence*?

Intimate Partner Violence (IPV) includes any act of violence or threatened act of violence that occurs between individuals who are involved or have been involved in a sexual, dating, spousal, domestic, or other intimate relationship. Intimate Partner Violence may include any form of Prohibited Conduct under this Policy, including Sexual Assault, Stalking, and Physical Assault (as defined below). Intimate Partner Violence is an umbrella term that includes dating violence and domestic violence.

What is *Stalking*?

Stalking occurs when a person engages in a course of conduct directed at a specific person under circumstances that would cause a reasonable person to fear bodily injury or to experience substantial emotional distress. "Course of Conduct" means two or more acts, including but not limited to acts in which a person directly, indirectly, or through third parties, by any action, method, device, or means, follows, monitors, observes, surveils, threatens, or communicates to or about another person, or interferes with

another person's property. Substantial emotional distress means significant mental suffering or anguish. Stalking includes "cyber-stalking," a particular form of stalking in which a person uses electronic media, such as the internet, social networks, blogs, cell phones, texts, or other similar devices or forms of contact.

What is **consent**?

Consent is knowing, voluntary, and clear permission to engage in a sexual activity. Consent can be given by word or action, and the sexual act must be mutually agreed upon. Silence does not equal consent. Consent can be revoked at any time. Past consent or past relationships does not imply consent. Someone who is forced, coerced, or incapacitated due to alcohol or drug use, mental disability, sleep, or involuntary physical constraints cannot consent.

How do I know if I have suffered **trauma**?

Trauma is the exposure to actual or threatened death, serious injury, or sexual violence. This exposure can take the form of the person actually experiencing the event, directly witnessing the event occur to others, or learning persistent and significant details of the event that occurred to a close family member or friend. (APA, DSM-IV).

What is **Amnesty**?

Victims or witnesses of Prohibited Sexual Conduct who have been using alcohol or other drugs at the time of the incident might fear that they would "get into trouble" for having violated UMW's alcohol or drug policies if they report. Recognizing the potentially devastating impact of Prohibited Conduct on not just the individual but on the UMW community, UMW will grant limited amnesty to the student(s) from drug, alcohol, and other student conduct policies, if their behavior did not put other individuals at risk.

Who is a **Responsible Employee**?

A responsible employee is any employee who is not a Confidential Employee. Responsible Employees, who in the course of employment, obtain information (directly or indirectly) about an incident(s) of Prohibited Conduct that may involve a student and/or incident(s) of Prohibited Conduct that may have occurred on campus, in or on a non-campus building or property, or on public property shall report such information (including times, locations, and names of the parties and witnesses) to the Title IX coordinator as soon as practicable after addressing the immediate needs of the victim.

What is **Title IX**?

Title IX is a federal law that prohibits sex-based discrimination at educational institutions. It reads, "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance."

Quick/Local Services Guide

UMW Police

Brent House
540-654-1025

<https://www.umw.edu/police/>

Fredericksburg Police

540-373-3122 (non-emergency) or 911

***UMW's Confidential Victim Advocate**

Tyler House/Talley Center
540-654-1053

***RCASA (Rappahannock Council Against Sexual Assault)**

540-371-1666 | www.rcasa.org

Snowden Office Park 615 Jefferson Davis Hwy. Suite 201
Fredericksburg, VA 22408

***Empowerhouse**

540-373-9373

www.empowerhouseva.org

150 Olde Greenwich Dr. Suite 101 Fredericksburg, VA 22408

Office of Title IX

Fairfax House
540-654-5656

<https://diversity.umw.edu/title-ix/>

***Talley Center for Counseling Services**

Lee Hall 106/Tyler House
540-654-1053

<https://students.umw.edu/counseling/>

Fredericksburg Victim Witness Program

601 Caroline Street

540-993-1660

***Student Health Center**

Lee Hall 112

540-654-1040

<https://students.umw.edu/healthcenter/>

***Virginia Department of Health, Fredericksburg City**

540-899-4142

608 Jackson St. Fredericksburg, VA 22401

<http://www.vdh.virginia.gov/rappahannock/city-of-fredericksburg/>

***Planned Parenthood (Richmond)**

804-355-4358

<https://www.plannedparenthood.org/health-center>

***Legal Aid Works, Fredericksburg**

866-534-5243

<https://www.legalaidworks.org>

***confidential resources**

Hotline Guide:

National Hotlines are available to help you find services anywhere in the country:

National Domestic Violence Hotline

1-800-799-7233

www.thehotline.org

National Sexual Assault Hotline (RAINN)
800.656.HOPE (4673)
www.rainn.org

National Hopeline Network:
800 SUICIDE (784-2433) or Text 741741

Anti-Violence Project
Serves LGBTQ victims of violence
24/7 Bilingual hotline: 212-714-1141 www.avp.org

1 in 6
National hotline for men who were sexually assaulted
24/7 Helpline Chat: www.1in6.org

FORGE
Serves transgender and gender nonconforming survivors of domestic and sexual violence and provides referrals to local counselors
<http://forgeforward.org>

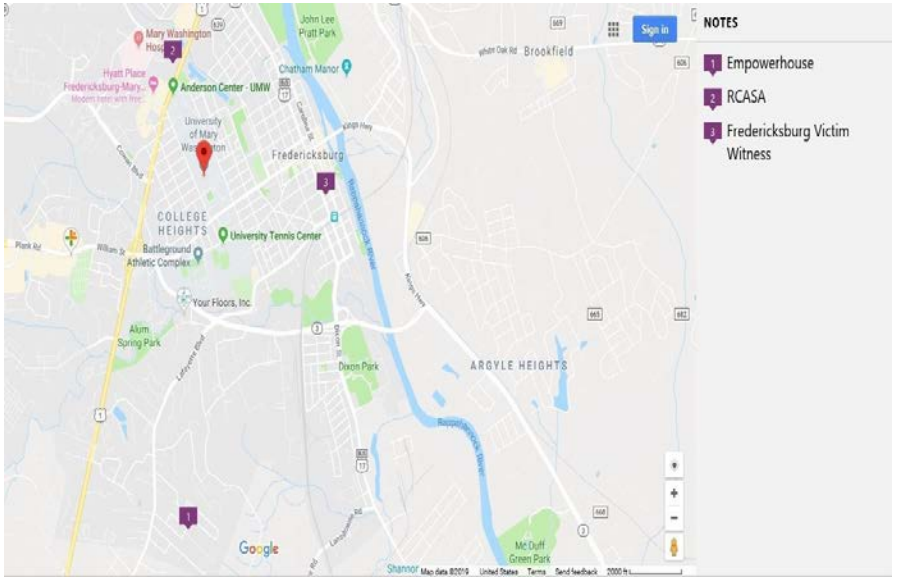
StrongHearts Native Helpline
A culturally-appropriate, anonymous, confidential service dedicated to serving Native American survivors of domestic violence and concerned family members and friends.
1-844-762-8483
<http://www.strongheartshelpline.org/>

If you are hard of hearing, you can chat with a Lifeline counselor
24/7 by: Video relay Service – Dial 800-273-8255
TTY – Dial 800-799-4889
Voice/Caption Phone – Dial 800-273-8255



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- RCASA-** Snowden Office Park 615 Jefferson Davis Hwy. Suite 201 Fredericksburg, VA 22408
- Fredericksburg Victim Witness-** 601 Caroline Street, Fredericksburg, VA 22401

This guide is also available in Spanish due the dedicated advocates at Legal Aid Works and within our community. For a copy, please refer to our website www.bit.ly/UMWnotalone or contact the Confidential Victim's Advocate at The Talley Center, 540-654-1053.