

What To Do If You Have Been Sexually Assaulted

If you or someone you know has been sexually assaulted, you can go to your nearest emergency department (ED) for support and information.

The healthcare team at the hospital has access to experts who are able to answer questions. You can also choose to contact any of the services listed on this brochure. Reporting to the police is up to you. Some IH sites can collect and store evidence while you decide if you want to report to the police.

If you are coming directly to the ED, try not to shower or change clothes. If you choose to report, your clothing may be provided directly to the police by the SAFE examiner. You will be given clothing to change into at the hospital if you do not have extras with you. If you have already showered and changed clothing, the examination can still take place. ED staff will provide you with directions when you arrive.

**You are not alone.
We are here to help.**

Resources

Interior Crisis Line (24 hrs)	1-888-353-2273
Victim Link (24 hrs)	1-800-563-0808
Salal Sexual Violence Support Centre (24 hrs)	1-877-392-7583
Aboriginal Crisis Line	1-800-588-8717
BC Society for Male Survivors of Sexual Abuse	1-604-682-6482
Crisis Intervention and Suicide Prevention Centre of BC	1-800-784-2433
Kids Help Phone	1-800-668-6868
Human Trafficking Hotline	1-833-900-1010
Qmunity Resource Centre (Serving 2SLGBTQIA+)	1-604-684-5307

Local area resources are available from your local hospital.

For more detailed information, please visit our website:

<https://www.interiorhealth.ca/health-and-wellness/sexual-assault-forensic-examination-safe-program>

You're SAFE



Sexual Assault Forensic Examination (SAFE) Program

Providing confidential, sensitive, supportive care for anyone who has been sexually assaulted.



Scan the QR code to visit our website

What Is Sexual Assault?

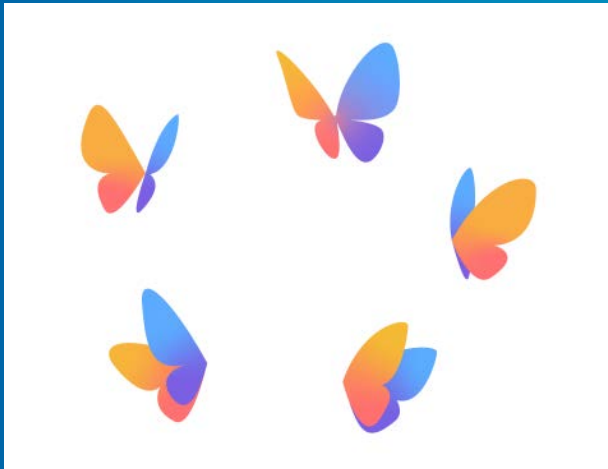
This is when someone touches your body in a sexual way without your consent (including when you can't consent).

Sexual assault is an act of violence. It can happen to anyone, of any age or gender.

How You May Feel

A sexual assault may affect your life in several ways including your physical, emotional, mental, and spiritual health. All of your feelings are okay.

There are resources in the community that can help you process what happened. Do not hesitate to reach out to someone and ask for help.



How We Can Help

Our compassionate and knowledgeable SAFE team is able to provide treatment and support after a sexual assault.

The Choice Is Yours

Because sexual assault can make you feel as if you have lost control in your life, one of our goals is to ensure we offer you choices about all of your care. The choices you will be offered include the following:

- Medical care
- Medical care, forensic exam with report to police
- Medical care, forensic exam with storage of evidence for 1 year (only available at select sites)

**Reporting to police is up to you.*

Care is provided by specially trained SAFE examiners, who may be supported virtually by an expert teleSAFE consultant (virtual health).

Concerns regarding HIV, sexually transmitted infections (STIs), and pregnancy will be addressed by the team.

You can choose to have a support person present during your time at the hospital.

At The Hospital

All emergency departments (EDs) in Interior Health (IH) have the ability to support patients who have been sexually assaulted. When you arrive at the hospital, you will be assessed by a nurse who will ensure your immediate medical needs are being met. The ED can contact a support person of your choosing. The SAFE examiner will provide your chosen level of care, which may involve additional experts.

Before you are sent home from the hospital, you will be given resources for support and follow-up. The exam may take up to 3 hours to complete.

