

Supporting Survivors

a Resource Handout for the Selkirk College Community

VICTIMS SERVICES

Police and community based trained victim support staff provide support to assist individuals and their families who have experienced relationship violence, childhood sexual abuse, sexual assault, and stalking or harassment.

Please see below for contacts.

SELKIRK COLLEGE COUNSELLING SERVICES

Provides short-term counselling for students located on main campuses. Students experiencing a crisis are encouraged to contact Selkirk counselling service for assistance. Selkirk College Counselling Services Castlegar BC, Silver King Campuses in Nelson, and out of the Castlegar Campus.

250 365 1273 or

1 888 953 1133, ext 21273

OPTIONS FOR SEXUAL HEALTH

Services include low-cost birth control, STI care, Pap screening, pregnancy testing and pregnancy options counselling.

Castlegar: 1007-2nd St Castlegar,
Drop-in Tue 5:00 p.m. - 7:30 p.m.

Trail: Suite 2 - 1500 Columbia Avenue
Drop-in Wed 4:30 p.m. - 7:00 p.m.

Nelson: 333 Victoria Street
Drop-in Wed 5:30 p.m. - 8:00 p.m.

Selkirk College: 301 Frank Beinder Way
Drop-in 11:00 am to 1:00 pm

www.optionsforsexualhealth.org

1-800-739-7367



24 HOUR CONTACTS

VICTIM BC

Provides confidential, multilingual telephone service 24 hours a day, 7 days a week to referral services to all victims of crime and immediate crisis support to victims of family and sexual violence. victimlinkbc@bc.ca

1 800 563 0808

TTY 604 875 0885

TEXT 604 836 6381

TRANSITIONAL HOUSING

Castlegar & District Community Services Society - Castlegar Safe Home

250 365 2104 or 1 888 353 2273

Nelson Community Services Centre Society
Aimee Beaulieu Transition House

250 354 4357

Trail Family & Individual Resource Centre
Society WINS Transition House

250 364 1543

HOSPITALS

Kootenay Boundary Regional Hospital Address:
1200 Hospital Bench Trail, BC

250 368 3311

Kootenay Lake Hospital
Address: 3 View Street Nelson, BC

250 352 3111

BC NURSELINE

Confidential health information and advice. Specially trained nurses answer questions about health topics and procedures, identify symptoms, and help you decide when to see a health professional.

1 866 215 4700

TTY 1 866 889 4700

A survivor can report an assault to local law enforcement, the College, neither, or both. Selkirk College does not require a survivor to report an assault, and will provide support services and necessary accommodations.

CASTLEGAR RCMP VICTIM SERVICES

440 Columbia Avenue Castlegar, BC

250 365 7341

TRAIL RCMP VICTIM SERVICES PROGRAM

3601 Laburnum Drive Trail, BC

250 368 2184

NELSON CITY RCMP VICTIM SERVICES

1010 Second Street Nelson, BC

250 354 5175

SALMO POLICE VICTIM SERVICES

P.O. Box 39 Salmo, BC

250 357 2277

COMMUNITY BASED SPECIALIZED VICTIM SERVICES - THE ADVOCACY CENTRE

521 Vernon Street, Nelson

250 352 5777 or 1 877 352 5777

COMMUNITY BASED SPECIALIZED VICTIM SERVICES - TRAIL FAIR

2079 Columbia Ave Trail, BC V1R 1K7

250 364 2326 ext. 234

HEALTHY CAMPUS

Sexual Assault

Assisting survivors - a Resource for Students and Staff

WHAT IS SEXUAL ASSAULT

See Figure 1 on the right.

WHAT TO EXPECT WHEN SOMEONE DISCLOSES A SEXUAL ASSAULT

Survivors of sexual assault, will express a range of emotional and physical symptoms. Sexual assault is never the fault of the survivor and each may react differently. Survivors are in control of determining what steps and supports are best for them. Taking care of your own wellbeing is important.

YOUR ROLE

Responding to and supporting a survivor who has been sexually assaulted can be complex but chances are they have come to you because they trust you. Be compassionate, respectful, and supportive. Support them accessing available resources.

A crime that is never the fault of the survivor

Any unwanted sexual contact within or outside a relationship

Affects people of all ages, genders, & sexual orientation

HOW TO ASSIST

1. ATTEND TO SAFETY

If someone is in immediate danger or needs urgent medical attention, call Emergency Services: 9-1-1. Otherwise encourage student to seek medical care and confirm they have someplace safe to stay.

2. LISTEN AND SHOW YOUR SUPPORT

- Allow survivor to lead the conversation.
- Listen without interrupting. Encourage survivor to take all the time necessary.
- Respect the words they use to describe what's happened to them.
- Believe and support them. Remind them **they are not** at fault.
- Encourage survivors to seek the supports they need and allow them to make their own decisions.
- Ask what you can do to be supportive. Ease any concerns a survivor might have about academic considerations in the moment..

"Even if you don't know what you want to do right now, it can be helpful to talk to someone about your options."

"I'm here to listen and help connect you to any supports you feel you need."

"The College has places you go to get confidential information & supports."

3. PROVIDE INFORMATION ON RESOURCES

Be sure the survivor is aware of the College and community support services listed on the back page. *You don't need to know or recommend which services the survivor might want to follow up with. Simply providing the options supports the survivor.*

HEALTHY CAMPUS

