

YOU HAVE A CARE ADVOCATE

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You are not alone. We provide free, confidential advocacy for survivors of sexual assault, dating/domestic violence and stalking. Your CARE advocate is here to offer support, accompaniment and referrals.

EMOTIONAL SUPPORT

You may be feeling overwhelmed with emotions including guilt, shock, fear, denial, shame, embarrassment, uncertainty, depression and/or symptoms of PTSD. Your advocate will be there for you and can connect you to individual support and/or direct you to several healing modalities on campus.

- Support groups
- Connection to individual counseling
- Yoga as Healing
- Art therapy
- Gardening
- Mindfulness and meditation
- Self-defense
- Empowerment & Healing programming

ACADEMIC ACCOMMODATIONS

Your advocate can help you with academic accommodations you may need, including facilitating conversations with professors, advisors and departments.

- Extension requests
- Class change due to perpetrator
- Withdrawal from class/university
- Connection to Student Disability Resource Center

MEDICAL ACCOMPANIMENT

Your advocate can help you navigate your medical needs and confidentiality, and can accompany you when seeking medical care.

- Forensic DNA exam
- Emergency room visits
- STI testing pre gnancy testing
- Student Health Services
- Prophylaxis

HOUSING & SAFETY RESOURCES

Your advocate can help you explore safety and can help you explore a housing move if needed.

- Physical safety
- Conflicts and changes in residence hall/apartments
- Safety planning
- Family housing policy
- Disclosing to friends, partners and family

REPORTING OPTIONS

Your advocate can explain and accompany you through any reporting processes you may choose or a decision to not report at all.

- Anonymous reporting
- Title IX
- Law enforcement
- Restraining/protective orders
- No-contact directive
- Criminal trial
- UC Adjudication/Appeal procedures

