

If You Have Been Sexually Assaulted

If you have been sexually assaulted within the last 7 days, you can go directly to:

NELSON:

Kootenay Lake Hospital
Emergency Department
3 View Street, Nelson BC
24 hours/day, everyday

NAKUSP:

Arrow Lakes Hospital
Emergency Department
97 1st Avenue, Nakusp BC
24 hours/day, everyday

OR access our 24/7 Anti-Violence Line to find out more about services & options
Call: 250-354-4357 (24/7)

Secure Text + Chat (8:30am to midnight)
TXT: 778-608-3900

Chat: servicesfyi.ca/abth-chat-now

At the hospital, you will be asked if you would like to connect with a SAS support worker. Our Support workers are available 24 hours/day to provide trauma-informed support through text & by phone call

You are welcome to bring a friend, family member or support person to the hospital with you.

For further ongoing support & information, contact Nelson's Community Based Victim Services at 250-352-5777 (or visit advocacycentre.org). In Nakusp contact Stopping the Violence Outreach at 250-265-0412.

Support Services

VictimLINK BC (24hr)
1-800-563-0808, TXT 604-836-6381

Anti-Violence Line (24hr) 250-354-4357
Secure Text + Chat (8:30am to midnight)
TXT: 778-608-3900
Chat: servicesfyi.ca/abth-chat-now

Crisis Counselling 250-352-3504 ext 227

Nelson Community-Based
Victim Services 250-352-5777

RCMP (non-emergency)
250-352-2156

RCMP Victim Services
250-354-5196

Nelson Police (non-emergency)
250-354-3919

Nelson Police Victim Services
250-505-5657

Nakusp Police Victim Services
778-206-0045

West Kootenay Crisis Line (24hr)
1-800-515-6999

Nelson Community Services Centre
250-352-3504

Nelson Stopping the Violence and
Women's Outreach 250-352-3504

Nakusp Stopping the Violence &
Women's Outreach 250-265-3674 ext 205

BC Society for Male Survivors
of Sexual Abuse 1-604-682-6482



**We're here
to help.**

**Nelson & Nakusp
Sexual Assault Services provides
safe & confidential health care
for anyone 13+ who has
been sexually assaulted.**

**To access our program, go to the
Kootenay Lake (Nelson) or Arrow
Lakes (Nakusp) Hospital Emergency
Department OR call our 24/7
Anti-Violence Line at 250-354-4357
to connect with a support worker.**



What is sexual assault?

Sexual assault is any sexual contact that you do not agree to.

It is an act of violence.

What happened to you was not your fault.

Sexual assault is a traumatic experience. You may be in a state of shock & find it hard to believe this really happened to you. Some people do not remember what happened.

You may feel upset, anxious, depressed, angry, guilty, numb, embarrassed, or ashamed. Some people have nightmares, difficulty eating or sleeping, or are afraid to go outside. You may also be worried about sexually transmitted infections, pregnancy, HIV or injuries.

All of your reactions and feelings are normal. Everyone reacts to traumatic experiences differently.

HOW WE CAN HELP

The Sexual Assault Services team provides sensitive & comprehensive health care to anyone 13 or older who has been sexually assaulted within the past 7 days. Our specially trained nurses & doctors will respond to your healthcare needs in a safe & supportive environment.

ALL SERVICES ARE FREE & CONFIDENTIAL

We will explain what we can offer & answer any questions you might have. You will decide what you would like us to do & we will respect your decisions.

WHAT ABOUT POLICE?

It is your choice whether or not to report the sexual assault to the police. We will support whatever decision you make. If you choose to report to police we can collect forensic samples & send a legal report to the police. Victim services can provide ongoing support throughout this process.

We Offer:

- Free, confidential & supportive services 24 hours a day
- Crisis Counselling
- Short wait & private room
- Caring & knowledgeable nurses, doctors & support workers
- Medical assessment & treatment
- Free medications to prevent pregnancy & sexually transmitted infections
- Option to collect forensic samples, with storage of forensic evidence for up to one year at your discretion
- Trauma-informed support
- Information about & referrals to community support services

Remember:

Nobody has the right to sexually assault you. It is not your fault. You did not do anything to deserve this. A crime has been committed against you.

Help is here for you.

**You're not alone.
We believe you.
We're here to help.**



@sas.nelson.nakusp

servicesfyi.ca/sas