

Merrimack Anti-Violence Education Network

A Guide for Survivors

If you have ever been hurt, threatened or intimidated by another person, or know someone who has been the victim of sexual violence, this resource will help you decide what to do and show you who can help.

- Make sure you are safe from immediate danger. Call somebody you trust:
 - Merrimack College Police Department (x5911)
 - Hamel Health and Counseling Center (x5441)
 - Residence Life staff (Resident Advisor, Residence Director, Area Coordinator)
 - A roommate, friend, family member or coworker

- If you would like to be treated at a local hospital, the Merrimack College Police Department can transport you free of charge in a confidential, unmarked vehicle.

- You may speak to a counselor completely free of charge, 24 hours a day, 7 days a week. The counselor can be accessed through your RA, the Hamel Health and Counseling Center or the Merrimack College Police Department.

- You have the option to file a formal complaint with the Merrimack College Police Department, the local city/town police department, or both. **YOU ARE IN CONTROL** of this decision; nobody can force you to file a formal complaint or participate in an investigation.

- If you wish to keep the details of the incident confidential, you can speak with on-campus counselors or health providers at the Hamel Health and Counseling Center. You may also speak to an off-campus crisis center, such as the National Sexual Assault Hotline (1-800-656-HOPE), the Boston Area Rape Crisis Center, (1-800-841-8371) or the YWCA of Greater Lawrence (1-877-509-9922).

- You will not get in trouble for drinking alcohol or taking other drugs leading up to the incident. Intoxication does **NOT** mean consent, and it is **NOT** an excuse for violent behavior.

- Remember: **YOU ARE NOT TO BLAME**, and **YOU ARE NOT ALONE**.