

If You Have Been Sexually Assaulted

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

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

OR access our 24/7 Anti-Violence Line to find out more about services and 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 an NSART support worker. Our Support workers are available 24 hours/day to provide trauma-informed support through text, phone call, and in-person.

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

For further ongoing support and information, access Nelson's Community Based Victim Services at 250-352-5777, or visit advocacycentre.org/specialized-victim-services.

Support Services

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

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

Nelson Community-Based
Victim Services 250-352-5777

RCMP (non-emergency)
250-352-2156

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

RCMP Victim Services
250-354-5196

Nelson Police Victim Services
250-505-5657

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

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



**We're here
to help.**

**The Nelson Sexual Assault
Response Team provides safe,
confidential & sensitive health
care for anyone 13+ who has
been sexually assaulted.**

**To access our program, go to
Kootenay Lake 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 and 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 Nelson Sexual Assault Response 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 and doctors will respond to your health care needs in a safe and supportive environment.

ALL SERVICES ARE FREE & CONFIDENTIAL

We will explain what we can offer and answer any questions you might have. You will decide what you would like us to do and 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 and send a legal report to the police. Victim services can provide ongoing support throughout this process.

We Offer:

- Free, confidential and supportive services 24 hours a day
- Short wait and private room
- Caring and knowledgeable nurses, doctors, and support workers
- Medical assessment and treatment
- Free medications to prevent pregnancy and 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 and 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.**



  @sart.nelson
servicesfyi.ca/nsart