

*Helping you live
well to learn well*

The Ceriale Center
for Cornell Health
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Web:
health.cornell.edu

Phone (24/7):
607-255-5155

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607-255-0269

“Unwanted sexual contact” can mean different things, including:

- experiences in which someone feels pressured, coerced, uncomfortable saying no, or is unable to give consent
- non-consensual contact (including touching, groping, penetration, or choking)
- sexual harassment
- sexual assault / rape
- intimate-partner violence / abuse

People who have experienced unwanted sexual contact can have a wide range of feelings and reactions, including anger, sadness, shame, or numbness. Sometimes people blame themselves. And often people's feelings after an incident change and evolve over time.

All of these reactions are normal and valid. Everyone who has experienced a form of unwanted sexual contact – including those who aren't sure how to define what happened, or how to feel about it – deserve care and healing.

Here's how to get support.

Victim / survivor advocacy

SHARE Office Victim Advocacy Program at Cornell Health

SHARE Victim / Survivor Advocates provide free, confidential assistance for students who have experienced sexual assault, unwanted sexual contact, or other harmful or threatening incidents. Advocates offer client-centered, customized support that allows survivors to explore options, make informed decisions about what they need, and navigate any next steps.

- health.cornell.edu/va
- 607-255-1212 (Monday-Friday, 9-5)
- victimadvocate@cornell.edu (note that email is not a secure form of communication for private or confidential information)

Advocacy Center of Tompkins County (off campus)

Advocacy Center staff offer confidential support, advocacy, and resources related to sexual assault and relationship violence. When you call or meet with an Advocate, you can ask questions, review medical or legal options, and receive support for the emotional impacts you may be feeling.

- actompkins.org
- 607-277-5000 (24/7)



Not sure where to start?

For urgent / time-sensitive needs:

Call Cornell Health (24/7) to consult with a nurse or mental health provider: 607-255-5155.

For consultation and/or ongoing support:

Schedule an appointment with a SHARE Office Victim Advocate: health.cornell.edu/va.

Mental health support

CAPS counseling & consultation

Counseling & Psychological Services (CAPS) provides counseling to help you process experiences and cope with feelings. You can also consult informally with a CAPS counselor during “Let's Talk” drop-in hours, offered daily at different campus locations and online.

If you want to reach out directly to a counselor who specializes in supporting survivors, log into myCornellHealth and select Appointments > Mental health appointment > Connect with the CAPS Sexual Violence Response Counselor.

- health.cornell.edu/caps
- 607-255-5155 (24/7 for on-call consultation)

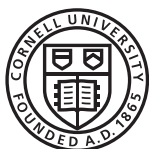
Medical care

Medical care at Cornell Health

Cornell Health's medical providers offer timely, trauma-informed care including testing and treatment for sexually transmitted infections (STI), post-exposure prophylaxis (PEP) for HIV prevention, pregnancy testing, and emergency contraception (EC).

Non-prescription EC is also available in Cornell Health's 24/7 self-care vending machine. (Note that for some people, prescription EC is more effective; learn more at health.cornell.edu/EC.)

- health.cornell.edu/assault
- 607-255-5155 (24/7 for on-call consultation)



SAFE / SANE exams at Cayuga Medical Center (local hospital)

Students who are considering making a report to law enforcement (now, or possibly in the future) may choose to have physical / medical (“forensic”) evidence of sexual assault collected and recorded by specially trained providers. Evidence collection is generally most helpful when collected within 120 hours, but survivors can receive forensic care and consultation at any time.

In Ithaca, Sexual Assault Forensic Exams (SAFE) are available 24/7 by the Sexual Assault Nurse Examiner (SANE) program at Cayuga Medical Center. An advocate from the Advocacy Center of Tompkins County supports individuals receiving SAFE exams.

Cornell Health can provide guidance and follow-up care to students who choose this option. Call us at 607-255-5155, day or night, for assistance.

- cayugahealth.org/services/emergency/our-services
- 607-274-4411 (24/7)

Reporting to the university and/or police

The decision about whether to report an incident is entirely yours. Some students choose to report an incident to Cornell and/or to university or local law enforcement. Consider talking with a SHARE Office Victim Advocate who can explain your options and support you in however you choose to proceed, including going with you to make a report.

Reporting to the university

Making a report to the Cornell Office of Civil Rights (COCR) prompts a Title IX coordinator to email you with information about resources, supportive measures, and resolution options. You will also be given the option to file a “formal complaint” to initiate a university investigation, which may result in disciplinary action.

Reporting to the university

Reporting to the police may be appropriate if a crime may have been committed or you need other law enforcement assistance. Making a police report is separate from reporting to the university, but can be done concurrently.

How to make a report

To learn more about reporting options and how to make a report, **visit share.cornell.edu and click “Report.”**