**What do I do if a friend tells me about relationship violence, sexual assault, stalking, or sexual harassment?**

You can show you care about your friend by listening, respecting their choices, and connecting them to supportive resources.

## Express Support

Here are some ideas of what you can say:

* “I’m here to listen and support you.”
* “It took a lot of courage to tell me about this.”
* “I believe you.”
* “Thank you for trusting me.”
* “You didn’t do anything to deserve this.”
* “You are not alone.”

## Remember:

It’s not your job to find out details about what occurred. Avoid asking questions such as:

* “Why were you there?”
* Or “Had you been drinking?”
* This may make your friend feel judged or blamed.

## Offer to Help Connect with Resources

Knowing what resources are available can help someone along their path to healing. Gently ask your friend if they are interested in learning about supportive resources. Offer to connect them with trained professionals who can help or offer to visit to visit the [Support More Homepage](http://supportmore.msu.edu/) (supportmore.msu.edu) with them to learn about what services are available.

## Center for Survivors

* Provides crisis support, advocacy, and counseling for survivors of sexual assault and harassment.
* 24-Hour Crisis Hotline: (517) 372-6666
* Crisis Chat: [Center for Survivors Crisis Chat Page](http://centerforsurvivors.msu.edu/) (http://centerforsurvivors.msu.edu/)
* This program is exempt from MSU RVSM mandatory reporting policies.

## Sexual Assault Healthcare Program

* Provides free 24/7 exams and medical care to anyone 18+ who has been sexually assaulted in the last five days.
* (517) 353-2700
* [Sexual Assault Healthcare Program Home Page](http://centerforsurvivors.msu.edu/sexual-assault-healthcare-program) (centerforsurvivors.msu.edu/sexual-assault-healthcare-program)
* This program is exempt from MSU RVSM mandatory reporting policies.

## MSU Safe Place

* Provides emergency shelter, advocacy, and counseling for survivors of relationship violence and stalking.
* (517) 355-1100
* [MSU Safe Pace Home Page](http://safeplace.msu.edu/) (safeplace.msu.edu)
* This program is exempt from MSU RVSM mandatory reporting policies.

## Employee Assistance Program

* Provides short-term counseling for MSU faculty, staff, grad students, retirees, and insurance-eligible dependents.
* (517) 355-4506
* [Employee Assistance Program Home Page](http://eap.msu.edu/) (eap.msu.edu)
* This program is exempt from MSU RVSM mandatory reporting policies.

## The Gender and Sexuality Campus Center

* Provides support to the LGBTQIA2S+ campus community.
* (517) 353-9520
* [The Gender and Sexuality Campus Center Home Page](http://gscc.msu.edu/) (gscc.msu.edu)
* This program is exempt from MSU RVSM mandatory reporting policies.

## Community Support Bureau at MSU Police & Public Safety

* Provides immediate help to anyone who has been assaulted.
* (517) 355-2221
* [Community Support Bureau at MSU Police & Public Safety Home Page](http://police.msu.edu/community-support-bureau) (police.msu.edu/community-support-bureau)

## Title IX Coordinator & Office of Institutional Equity (OIE)

* Responds to reports by offering supportive measures and provides options for investigation and resolution.
* (517) 353-3922
* [Title IX Coordinator & Office of Institutional Equity (OIE) Home Page](http://civilrights.msu.edu/) (civilrights.msu.edu)

## Follow Up

There is no one “correct way” to process these experiences. Peoples’ emotions and behaviors after these experiences often change over time. Checking in occasionally to ask, “How have you been doing?” or “Can I help in any way?” can help your friend know they are not alone.

## Michigan State University

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