CU CARES

Counseling • Advocacy • Referrals • Education • Support

Relationship and Sexual Violence Services

clemson.edu/interpersonal-violence
864-656-2451
For after-hours care, select option 2.

CU CARES is an intervention program through Counseling and Psychological Services (CAPS) at Redfern Health Center for all students affected by relationship and/or sexual violence. CAPS counselors:

• Coordinate the emotional, medical and legal needs of the survivor
• Provide confidential crisis counseling
• Serve as an advocate and support the survivor’s decisions
• Coordinate with medical services provided at Redfern Health Center
• Organize programs to educate and grow awareness concerning relationship and sexual violence

HOW TO ACCESS CU CARES

• Call CAPS at 864-656-2451 and ask to schedule a CU CARES appointment
• Call or come to CAPS otherwise to express need or desire to receive CU CARES services
WHAT TO DO IF YOU HAVE BEEN SEXUALLY ASSAULTED

1. **GO TO A SAFE PLACE.**

2. **CALL SOMEONE YOU TRUST FOR EMOTIONAL SUPPORT.**

3. **CALL 911 OR CUPD: 864-656-2222.**
   - If you choose to report to law enforcement.

4. **SEEK MEDICAL ATTENTION AS SOON AS POSSIBLE.**
   - Do this even if you choose not to report to law enforcement. A medical provider can check for injuries that may not be visible, treat you for possible STIs and provide medications to prevent pregnancy, if desired and within the appropriate time frame.

5. **CONTACT CU CARES.**
   - Call CAPS at 864-656-2451, and ask to schedule a CU CARES appointment.

**DID THE ASSAULT HAPPEN IN THE LAST 5 DAYS?**

- **YES**
  - If it happened in the last 5 days, you are IN the appropriate time window for a rape kit. This can be collected by a Sexual Assault Nurse Examiner (SANE) nurse and advocate at a local emergency room (ER), such as Baptist Easley Hospital (200 Fleetwood Dr., Easley, SC 29640; 864-442-7200).
  - Do not shower, urinate, defecate, douche, drink, eat, smoke, comb your hair or change your clothes before going to the ER. However, if you have already done any or all of these things, please do not let this stop you from seeking medical care. If you have already changed clothes, place the clothes you were wearing during the assault in a paper bag and take them to the hospital with you.
  - If you believe you were given a date rape drug, be sure to tell the ER personnel your symptoms and that you believe you were given a date rape drug so they can take the necessary samples.

- **NO**
  - If it happened more than 5 days ago, you are OUTSIDE the time window for a rape kit. Medical attention is very still important to protect against STIs and injuries.

**LEARN MORE:** clemson.edu/interpersonal-violence

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