

CU CARES

Counseling • Advocacy • Referrals • Education • Support



Relationship and Sexual Violence Services

clemson.edu/caps

864-656-2451

864-656-2222 (after hours)

CU CARES is an intervention program through **Counseling and Psychological Services (CAPS) at Redfern Health Center** for all students affected by trauma. 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.

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STUDENT HEALTH SERVICES
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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.



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 Prisma Health 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. Consider scheduling a CU CARES appointment with Student Health Services at Redfern Health Center by calling 864-656-1541.

It is **YOUR** choice to have a rape kit collected. You can have the evidence collected anonymously and stored for one year, if over age 18. If you choose **not** to have a rape kit collected or are outside the 5-day window, it's still **very** important that you receive medical attention.

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CONTACT CU CARES.

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LEARN MORE: clemson.edu/caps

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