

SEXUAL ASSAULT RESOURCES

If you or someone you know has experienced a sexual assault, there are resources and support available. You are not alone.

Visit CavCare.virginia.edu for more information, including options to report and seek help.

OPTIONS FOR MEDICAL CARE ALL CONFIDENTIAL

Testing and/or preventative medications for sexually transmitted infections, including HIV, and emergency contraception can be offered.

- **UVA STUDENT HEALTH AND WELLNESS (SHW)** Call (434) 924-5362 during business hours and request an appointment related to an unwanted sexual encounter. You can also schedule online via HealthyHoos using any appointment reason (such as sexual assault, pregnancy concern, stomach issue, yearly), but please call if a same day appointment is not available. Care at low or no cost is a priority at SHW. Call (434) 297-4291 after-hours.
- **UVA EMERGENCY DEPARTMENT (ED)** Just go, available 24/7

Options available for evidence collection at SHW and UVA-ED, if chosen

The purpose for evidence collection is to secure and preserve physical evidence should you choose to report to law enforcement. You can make a report later, or never report. The window for evidence collection is 5 days after the incident. You can bring items worn at the time of assault. If possible, don't shower.

OPTIONS FOR COUNSELING ALL CONFIDENTIAL

- **UVA Counseling and Psychological Services (CAPS)** Call (434) 243-5150 to speak to an on-call clinician, available 24/7 or visit the website [here](#) to learn about other services available to you.
- **UVA Women's Center** Call (434) 982-2252, available M-F 9am-5pm.
- **Charlottesville Sexual Assault Resource Agency (SARA)** Call (434) 977-7273, available 24/7.
- **National Sexual Assault Hotline** Call 1-800-656-4673, available 24/7.

OPTIONS FOR OTHER SUPPORT NOT CONFIDENTIAL

The non-confidential offices are available to you to explain rights and options and help you navigate other available resources and support, such as housing and academic support.

- **Dean on Call** Call (434) 924-7133 M-F 8am-5pm.
- **Title IX Office** Call (434) 297- 7988 or email titleixoffice@virginia.edu.

NOTE: It is up to you if and when you share details or engage with any formal processes when confiding in non-confidential offices. If you prefer not to mention any details of the incident, these offices can still help you with obtaining resources and support.