

WHAT TO DO IF YOU ARE SEXUALLY ASSAULTED

What do I do immediately?

- Make sure you are now safe
- Get support from a friend, flatmate or family member
- Attend to any serious physical injuries. Go to the Hospital Emergency Department. Your physical health takes precedence over forensic work. The hospital will call the POLICE if you want them to.
- Do **NOT** shower, bath, wash clothes or eat and drink (if there has been oral contact with saliva or semen) until you make a decision about involving the POLICE because you will be destroying forensic evidence.
- Collect any urine you pass – any container will do – and note the time. Put it in the fridge or freezer. **This is really important**, if you think you may have been **drugged**.
- Seek professional help as below. Their services are **FREE**.

Want to make a complaint?

- Call the POLICE on 111 – or go to the nearest Police Station.

Unsure whether to involve the POLICE?

Speak to a crisis counsellor:

Central, North and West Auckland:

- Call ASAHELP - 623-1700

Auckland Sexual Abuse Help

24 hour Crisis Support

South Auckland:

- Call CSC – 277-9324

Counselling Services Centre

24 hour Crisis Support,

What happens when I call the Police

- Police will arrange a Forensic Examination by a specially trained **female** Doctor.
- They will also involve a CRISIS SUPPORT Counsellor (ASAHELP or CSC) as described above.
- Involving the Police now and having a Forensic Examination **does not commit you** to proceeding with the complaint and going to court.

YOU CAN CHANGE YOUR MIND AT ANY TIME, However the opportunity for collecting forensic evidence will be lost if you delay involving the POLICE.

What is a forensic examination?

A forensic examination is the opportunity to collect specimens for DNA analysis

Forensic examination may be useful up to 7 days after the assault, but the likelihood of useful evidence diminishes as time passes.

The Forensic Examiner will also **care for you** in the following ways:

- arrange emergency contraception
- give medications to prevent STI (sexually transmitted infections)
- arrange medical follow-up
- arrange ongoing counselling (which is free)

OTHER USEFUL CONTACTS (NON-URGENT SITUATIONS/past abuse)

Pohutukawa Clinic – Adult Sexual Assault Service

Part of the Auckland Sexual Health Service

Greenlane Clinical Centre

For adults 17 years old and over

Phone: 623 1700 (in hours service)

Te Puaruruhau

Adolescent Sexual Assault Service

99 Grafton Road

A Multi-agency Service with CYFS and Police

For people under 20 years old *Phone: 307 2860 (in hours service)

*(There is flexibility between the 2 services regarding 17-20 year-olds)

Useful Links:

www.gr8mates.org.nz - website of Auckland Sexual Abuse Help – lots of good local information

www.sexualabusehelp.org.nz - Auckland Sexual Abuse Help website

<http://www.ashs.org.nz/pohutukawa.html> – Sexual Health Clinic website – includes information re Pohutukawa

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