



A program of



How To Help A Friend...

- Believe your friend.
- Be clear that the rape or assault was not the survivor's fault.
- Offer non-judgmental support.
- Do not question or judge what the survivor had to do to survive.
- Let your friend make decisions.
- Let your friend decide who to tell.
- Offer to go with your friend to the hospital, police, or counseling sessions.
- Acknowledge and deal with your own emotions too.
- Help the survivor find appropriate local resources.

Sexual Assault
Awareness Month

If you have been sexually assaulted, you are not alone.

Come to a **SAFE** place

Southern Tier Health Care System created the Sexual Assault Forensic Examiner (SAFE) program to provide victims of sexual assault with confidential and compassionate care. SAFE centers are located in the Emergency Departments at Olean General Hospital, Jones Memorial Hospital and UPMC Chautauqua WCA Hospital.

**Olean General (716) 373-2600 Jones Memorial (585) 596-4011
UPMC Chautauqua WCA Hospital (716) 487-0141**