



University of Colorado
Boulder



Victim Assistance
UNIVERSITY OF COLORADO AT BOULDER

**Free, Confidential Information, Counseling, Advocacy, and Support
For when something “bad happens” to you or your friends**

303-492-8855

<http://cuvictimassistance.com>

Center for Community (C4C)-room S440

Traumatic Events the Office of Victim Assistance (OVA) can assist and support you with:

- **Accidents**
- **Assaults**
- **Bias motivated incidents**
 - **Crime**
 - **Greif and loss**
 - **Harassment**
- **Intimate partner abuse**
 - **Sexual assault**
 - **Sexual harassment**
 - **Stalking**
 - **Other . . . ?**

What should I say to my friend who just had something bad happen to them?

- ✓ **Remain calm**
- ✓ **Listen**
- ✓ **Encourage discussion to the extent your friend feels comfortable**
 - Respect your friend's privacy
- ✓ **Avoid questioning the survivor**
 - Why questions tend to upset those who just had something bad happen
- ✓ **Encourage your friend to seek counseling**
 - Office of Victim Assistance is a free & confidential resource
- ✓ **Help the survivor explore options and choices**
- ✓ **Avoid making decisions for them**
- ✓ **Acknowledge your own feelings of anger, concern, and sadness**
 - Seek support for yourself

Questions Victim Assistance may be able to help you with:

How do I talk to my professors about this?

Should I see a doctor about this? What are my medical options?

What happens if I report this? Who do I report this to? Do I want to report this to anyone?

How do I tell my friends and family about this? How do I recover from this? Who can help me process the impact of this?

The word “victim” may or may not fit for you

We are not here to label you or your experience

Some definitions of the word “victim” include:

-  A person who suffers from a negative or harmful action
-  A person who is deceived
-  One who is harmed by another
-  One who is harmed by or made to suffer
-  A person who suffers from injury, loss, or death
-  A person who is tricked, swindled, or taken advantage of

The important thing is after a difficult experience happens it can be helpful to find a space to get information and support

What we can talk with you about

I think my partner is hurting me

I wish they would stop emailing and texting me!

Someone close to me just died, I wish I had someone to talk to.

Someone forced me to have sex.

This graffiti on my door is hurtful, did someone write this because I am . . . ?

How do I help my friend through this?

Someone injured me