

# This pamphlet includes tips on helping your friend

- Provide options
- Be a good listener
- Take care of yourself

## Resources

### ■ CONFIDENTIAL RESOURCES

*The incident and your name will not be shared with anyone.*

#### HEALTH SERVICES

- Jonsson Tower, first floor | 518-580-5550  
After hours, access on-call confidential services through Campus Safety at 518-580-5566.

#### COUNSELING CENTER

- Jonsson Tower, first floor | 518-580-5555  
Please follow phone prompts after hours for confidential emergency services.

#### WELLSPRING

- 518-584-8188 (24-hour hotline)  
A Wellspring Advocate is available during specified hours in the Student Wellness Center, Case 308.

#### SGA ATTORNEY-ON-RETAINER

- 518-584-8000  
One free consultation for legal advice and referral.

### ■ ANONYMOUS RESOURCES

*The date and location will be reported, but names will not be included.*

#### VICTIM ADVOCATES

- Jen McDonald, Wendy Walker and Kim Golemboski  
518-580-5684

#### PEER HEALTH EDUCATORS

- Scheduled hours in the Student Wellness Center, Case 308  
PHEs@skidmore.edu

### ■ PRIVATE REPORTING RESOURCES

*Private Reporting Resources will treat your information with respect and care, and will be required to disclose information to protect the safety of the campus community.*

#### TITLE IX COORDINATOR

- Joel Aure, Palamountain 434 | 518-580-5708

#### CAMPUS SAFETY

- Jonsson Tower, ground floor, open 24/7 | 518-580-5566

#### STUDENT AFFAIRS

- Gabriela Melillo, Title IX Deputy Coordinator  
Case 205 | 518-580-5022

### ■ OFF-CAMPUS REPORTING

- Saratoga Springs Police Department | 518-584-1800
- New York State Campus Sexual Assault Victims Unit  
844-845-7269

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C O L L E G E

# How can I help?

**Tips for helping a friend who  
has been impacted by sexual and  
gender-based misconduct**

*You have the right to make a report to university police or campus security, local law enforcement and/or state police or choose not to report; to report the incident to your institution; to be protected by the institution from retaliation for reporting an incident; and to receive assistance and resources from your institution.*

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# How can I help?

## Provide options

Offer your friend resources about where they can go for help.

### Getting Counseling and Support

- Wellspring | 518-584-8188
- Health Services | 518-580-5550 (580-5566 after hours)
- Counseling Center | 518-580-5555
- Victim Advocates | 518-580-5684

If your friend wants additional support, offer to make the phone calls and/or walk or drive them.

### Going to the Hospital

- Saratoga Hospital Emergency Room | 518-583-8313

Even if there are no physical injuries, medical intervention can help in the prevention of STIs and pregnancy. If you feel comfortable, offer to accompany your friend to the hospital if they choose to go.

## Take care of yourself

### Seeing a friend in pain can be difficult.

You have resources available to help. Supporting yourself is about ensuring you're in a position to be the best friend you can be.

You can talk to Peer Health Educators, the Counseling Center, Health Services and Victim Advocates.

“Listening matters more than you can know. A friend who believes, understands and cares is the most helpful resource possible. As a friend, feeling helpless, angry and upset yourself comes with the territory. Make sure you get help and support for yourself.”

— Julia Routbort, Health and Wellness

## Be there

The most important and helpful support can be just letting your friend know you're there.

“I'm here for you.”

“You can talk to me when you're ready, and only if you want to.”

“I'm here to support you no matter what.”

## Be a good listener

### Do show you are listening

You can show your friend you're really listening by looking them in the eye and nodding.

### Do clarify

Help your friend sort out their emotions by repeating back to them what they have said. Try starting with, “It sounds like ...” or “What I hear you saying is ...”

### Don't force any details

Don't force your friend to talk about their experience, but be ready to listen if they are available.

Instead, ask general questions like, “Do you want to talk about what happened?”

### Don't ask “why” questions

“Why” questions can imply blame. Avoid saying things like “Why did you go home with them?” or “Why didn't you say anything?”

### Do let your friend make decisions

Help your friend regain power by letting them make their own decisions about what to do next. You can help by providing options.



For more information, visit  
[www.skidmore.edu/sgbm](http://www.skidmore.edu/sgbm)