

# WHO TO CONTACT IF YOU HAVE BEEN SEXUALLY ASSAULTED, SEXUALLY ABUSED, OR RAPED

## ON CAMPUS

**University of Pittsburgh Counseling Center**  
Nordenberg Hall, Wellness Center (2nd floor)  
119 University Place  
Pittsburgh, PA 15260  
Phone number: 412-648-7930  
**Crisis number:** 412-648-7930 (extension 1)  
Website: <https://www.studentaffairs.pitt.edu/cc/>  
*This is a **confidential** resource; no information will be reported to the University.*

**Pitt Police**  
3412 Forbes Avenue  
Pittsburgh, PA 15213  
**Emergency number:** 412-624-2121  
Website: <https://www.police.pitt.edu/>  
*This is a **non-confidential** resource that is required to report information to the University. Non-confidential resources are still required to keep your information **private**.*

**Title IX Office (Office of Diversity and Inclusion)**  
Webster Hall (2nd floor)  
4415 Fifth Avenue  
Pittsburgh, PA 15260  
Phone number: 412-648-7860  
**Make a report** (may be anonymous):  
<https://www.diversity.pitt.edu/civil-rights-title-ix/make-report/report-form>  
*This is a **non-confidential** resource.*

**Office of Sexual Harassment and Assault Response and Education (SHARE)**  
<https://www.studentaffairs.pitt.edu/share/>  
*This is a **confidential** resource.*

## LOCALLY

*Local services are **confidential**.*

Call 911 for **Pittsburgh Police** response

**Resolve Crisis Services**  
333 North Braddock Avenue  
Pittsburgh, PA 15208  
**Crisis number:** 1-888-769-8226  
Website: <https://www.upmc.com/services/behavioral-health/resolve-crisis-services>

**UPMC Magee-Women's Hospital Emergency Room**  
Craft Avenue (between Forbes and Blvd of the Allies)  
Pittsburgh, PA 15213  
Phone number: 412-641-1000  
*\*Has specially trained nurses for survivors\**

**Pittsburgh Action Against Rape (PAAR)**  
81 South 19th Street  
Pittsburgh, PA 15203  
Phone number: 412-431-5665  
**Crisis number:** 1-866-363-7273  
Website: <https://paar.net/>

**Center for Victims**  
3433 East Carson Street  
Pittsburgh, PA 15203  
Phone number: 412-482-3240  
**Crisis hotline:** 1-866-644-2882  
Website: <https://www.centerforvictims.org/>

**Women's Center & Shelter of Greater Pittsburgh**  
**Hotline:** 412-687-8005 (extension 1)  
**Text hotline:** 412-744-8445  
**Crisis chat:** <https://www.wcpittsburgh.org/>  
**FOR CIS WOMEN**

Pennsylvania **ChildLine** for suspected child abuse  
Call 1-800-932-0313 (Anonymous tips accepted)

## NATIONALLY

*National services are **confidential**.*

**National Suicide Prevention Lifeline**  
**Lifeline:** 1-800-273-8255  
Website: <https://suicidepreventionlifeline.org/>  
**Crisis chat:**  
<https://suicidepreventionlifeline.org/chat/>

**The Crisis Text Line**  
Website: <https://www.crisistextline.org/>  
**Text HOME** to 741741

**National Domestic Violence Hotline**  
**Hotline:** 1-800-799-7233  
Website/**crisis chat:** <https://www.thehotline.org/>

**Rape Abuse Incest National Network (RAINN)**  
**Hotline:** 1-800-656-4673  
<https://www.rainn.org/>  
**Crisis chat:** <https://hotline.rainn.org/online>

**1 in 6**  
Website: <https://1in6.org/>  
**Crisis chat:** <https://1in6.org/helpline/>  
**FOR MALE-IDENTIFYING INDIVIDUALS**

**Trans Lifeline**  
**Hotline:** 1-877-565-8860  
<https://translifeline.org/>  
**FOR TRANS\*-IDENTIFYING INDIVIDUALS**

**Substance Abuse & Mental Health Services**  
**Helpline:** 1-800-662-4357  
<https://www.samhsa.gov/>

**FOR ALL UNIVERSITY OF PITTSBURGH STUDENTS, STAFF, FACULTY, AND ADMINISTRATION**

## **What should I do if I am a victim of sexual violence?**

- **If you are not in a safe place, call 911**
- **Get to a safe place and call PAAR at 1-866-363-7273**
- **Go to a hospital emergency department and ask the hospital staff to contact a PAAR in-person advocate to meet you at the hospital at 1-866-363-7273**
- **Try not to bathe, shower, eat, drink, brush your teeth, or go to the bathroom before going to the emergency room**
- **Try not to change your clothes (if you already have, put your clothes in a clean bag and bring them with you to the emergency department)**

(From <https://paar.net/get-help/get-help-now/>)

Created as a Fall 2020 COUN 2742 project.  
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University of Pittsburgh Mental Health and  
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Compiled & designed by  
Allie Dick, Nicole Fuhr, Michael Lain

The information contained in this brochure is public information and is presented to the Pitt community as the best of our knowledge.

*This brochure may be copied & distributed freely.*

For a downloadable PDF, go to  
<https://is.gd/pittassaultbrochure>

ANYONE can be sexually assaulted, sexually abused, or raped - regardless of gender, size, color, ethnicity, ability, socioeconomic status, or any other qualities or traits people can have. If it happens to you, this brochure can help you figure out who you can contact for help.

**IT IS NOT  
YOUR FAULT.  
You are a  
survivor.  
HELP IS  
AVAILABLE.**

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