

Supporting a Survivor



TIPS ON HOW TO HELP A FRIEND OR FAMILY MEMBER



Check in on Safety

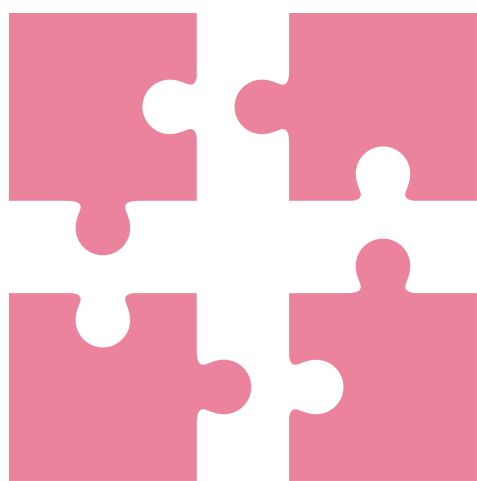
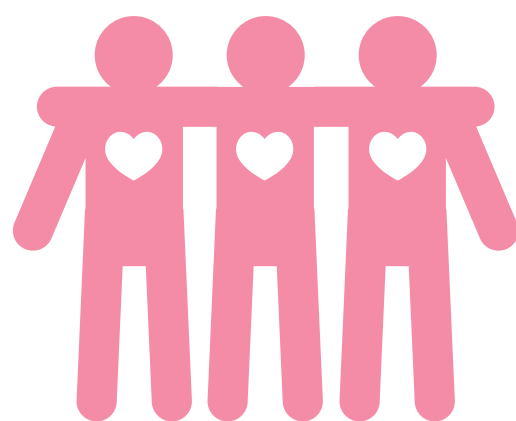
Is there an immediate threat made to the victim/survivor's safety or the safety of others on campus? If a weapon was used or a threat has been made, call **911** or Campus Safety at **(703) 284-1600**.

Does your friend or family member feel safe staying in their room or being on campus? If not, call Campus Safety or the Title IX Office, who can help provide information about on and off campus options and assist in creating a safety plan.

Provide Support

Listen, validate, and thank them for trusting you. Go at their pace. Avoid investigating and questioning and do not label, judge, or victim blame.

Remember, there is no one way to respond to or heal from trauma. Listen to the needs of your friend. Support them in making decisions about the next steps they would like to take and what resources they want to access.



Discuss Resources

There are resources available to both you and those you may be supporting. Ask the victim/survivor if they would like more information about the on and off-campus resources available to them and follow their lead with the steps they would like to pursue. Do they want to file a report? Do they want a No Contact Order? Do they need a Campus Safety Officer Safe Walk? Resources can be found [here](#).

Resources

At Marymount University, there are individuals on campus that can offer confidentiality while others ("Mandatory Reporters") have an obligation to report any sexual misconduct when they receive a report. If you are unsure if someone is a confidential source or a mandatory reporter, ask them before you talk.

Confidential resources do not have to report that you came forward for help or support so you can talk to them in confidence that your privacy will be maintained unless someone's life is in immediate danger.

On-Campus Confidential Resources:

- **Student Counseling Services** | Berg Hall 1014 | 703-526-6861
- **Student Health Services** | Berg Hall 1014 | 703-284-1610
- **University Chaplain** | Gerard Hall | 703-284-1607

Off-Campus Confidential Resources:

- **Doorways for Women and Children** | 24-hour Sexual Violence Hotline | 703-237-0881
- **Fairfax County Domestic and Sexual Violence Hotline** | 703-360-7273
- **Virginia State Domestic & Sexual Violence Hotline** | 800-838-8238
- **National Domestic Violence Hotline (NDV)** | 800-799-7233 (SAFE)
- **Marymount University Employee Assistance Program for Faculty and Staff** | 888-267-8126

A full description of Marymount University policies, resources, and reporting options, can be found on the Title IX Office website at www.marymount.edu/titleix.

Contact the Title IX Office at titleix@marymount.edu



Reporting to the Title IX Office

The Title IX Office receives, responds to, and addresses all reports of sexual misconduct and concerns about gender equity that affect members of Marymount community. They do this by responding to incidents, supporting those who have been harmed, and educating community members on how to create a safe and supportive campus that encourages healthy and respectful relationships. You may submit a report through our online report system by using the QR code to the left.

Campus Safety

Available 24/7 at
the Guardhouse
(703) 284-1600

**Call 911 if you or someone else
are in immediate danger**

Local Police

- Arlington County PD: 703-558-2222
- Fairfax County PD: 703-691-2131
- Virginia State Police: 703-803-0026

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