

Emergency & Support Contact Numbers

All Emergencies	911
QEII Emergency Room	473-3383
Dartmouth General Emergency Room	465-8333
IWK Emergency Room	428-8050
Cobequid Multi-Service Centre Emerg.	864-0234
Mobile Crisis	429-8167
Planned Parenthood Metro Clinic	455-9656
(PPMC provides: Non-Emergency Medical Treatment, STD/STI Testing, Pregnancy Testing, HIV Testing, Emergency Contraceptive Pill)	
Help Line	421-1188
Avalon SANE Response Line,	425-0122
Police and RCMP Emergencies	911
Halifax Regional Police	490-5016
Public Prosecution Service (Crown Attorneys)	424-8734
Department of Justice, Regional Victims' Services	424-3307
Halifax Regional Police Victims' Services	490-5300
RCMP Victims' Assistance	865-6649
Bedford/Sackville Mental Health	865-3663
(Former) Dartmouth City Mental Health	464-3116
Family Services Association	420-1980
Metropolitan Immigrant Settlement Association	423-3607
Lesbian, Gay, Bisexual Youth Project (For individuals 25 & under)	429-5429

Remember, if you are sexually assaulted it is not your fault. No one asks for, invites or deserves to be sexually assaulted.

About Avalon Sexual Assault Centre Who We Are

Avalon Centre is the only sexual assault centre in the Halifax Regional Municipality. We are a registered, not-for-profit, community based, charitable organization. The agency was established in 1983 and incorporated in 1984. We are a women-centred organization and provide a leadership role in ending all forms of sexual violence against women and children. We are committed to providing support programs, counseling, education, and advocacy for women affected by sexual violence. Our vision is to eliminate sexual violence, social injustice and other forms of oppression.

We gratefully acknowledge the core funding support provided by the Province of Nova Scotia, Department of Community Services; Capital Health; and the Law Foundation of Nova Scotia.

All donations from the public are gratefully accepted. Tax receipts will be issued upon request. We are an Associated Member of the Metro United Way's Donor Option program.

Avalon Sexual Assault Centre
1526 Dresden Row, 4th Floor
Halifax, Nova Scotia B3J 3K3
Business Line: (902)422-4240
Avalon SANE Response Line:
(902)425-0122
Fax Line: (902)422-4628
avaloncentre@eastlink.ca
www.avaloncentre.ca



Emergency
Response to
Sexual Assault &
Support Services
Available in HRM

Avalon Sexual Assault Centre

1526 Dresden Row, 4th Floor
Halifax, Nova Scotia B3J 3K3

Business Line: (902) 422-4240

Fax Line: (902) 422-4628

SANE Business Line: (902) 422-6503

SANE Fax Line: (902) 422-4962

SANE Response Line: (902) 425-0122

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Emergency Response to Sexual Assault & Support Services Available in HRM

What is Sexual Assault?

Sexual assault is any unwanted sexual activity that has been forced by one person upon another. If you have been sexually assaulted, it is not your fault; no one asks for, invites or deserves to be sexually assaulted.

How to Get Help after a Sexual Assault

One of the first things some survivors of a sexual assault do is to ensure their physical and medical well-being. Some people who have experienced sexual assault also need to talk with someone who has a knowledge-base about the issues.

Avalon Sexual Assault Nurse Examiner Response Line

Phone: 425-0122

The Avalon SANE program provides on-call nurses who respond to an immediate sexual assault (one that has occurred within the past three days/72 hours) by providing:

- Services to males and females, 13 years of age and older
- Confidential and non-judgmental support and referral
- Information regarding options and supports

- Medical care and/or collection of forensic evidence at the hospital up to 72 hours after a sexual assault has occurred

Sexual Assault Nurse Examiner Program (SANE)

The Sexual Assault Nurse Examiner Program (SANE) is available to assist people who have experienced an immediate sexual assault. The SANE program will provide immediate medical care to sexual assault victims, and conduct a forensic exam if the victim wishes to have one. The SANE nurses will provide:

- Emergency response, 24 hours a day, seven days a week
- Response to the emergency departments of the QEII, Dartmouth General and IWK Hospitals
- Medical care and forensic examinations up to 72 hrs after a sexual assault
- Services to both males and females, 13 years of age and older
- Expert testimony in a court of law
- Supportive follow-up for victims and their families
- Storage of forensic evidence for up to six months - this allows the victim to make a decision regarding reporting to the police at a later date. The evidence will be frozen in a storage freezer at the hospital.

Police

Emergency 911

You always have the option of calling the police immediately if you have been sexually assaulted. They will respond, take a statement from you, and proceed to investigate your complaint. They will also take you to the hospital if you would like to go, and you may request that they call the Avalon Centre On-Call Volunteer Worker to meet you at the hospital or police station. They should also refer you to Victims' Services. See also, Avalon's "What Happens if I Report to the Police?" brochure.

Help Line

Phone : 421-1188

- 24 hour a day, 7 days a week phone support
- Referral to SANE Program for an immediate sexual assault crisis, or to other Avalon Centre programs for individuals dealing with past sexual assault or sexual abuse

What about Support Services?

It is natural to have a sense of powerlessness and fear after sexual assault. In the process of rebuilding a sense of safety it is important to feel, and know, that it is your choice as to whether or not you tell someone about your sexual assault, and who that person is.

Avalon Sexual Assault Centre provides:

- Individual counselling
- Support and therapy groups
- Court support
- Advocacy/Support/Referral
- Confidential, non-judgmental, free of charge counselling/support services
- SANE Program
- **Phone: 422-4240**

Halifax Regional Police Victim Services Provides:

- Emotional support
- Help with police information if charges have been laid
- Referrals to programs in Halifax Regional Municipality for victims of crime
- **Phone: 490-5300**