

Digby Sexual Assault Resources

Tri-County Women's Centre Outreach office

124 Water Street, Digby, N.S. B0V 1A0
Tel: (902) **245-6866** Toll free: **1-877-742-0085**

Sexual Assault Nurse Examiner (SANE)

Tel: (902) **742-0085** Toll free: **1-877-742-0085**

Juniper House

Yarmouth, N.S. B5A4K5
P.O. Box 842
Tel: (902) **742-8689** Toll Free: **1-800-266-4087**

Digby General Hospital Emergency Department

75 Warwick St. Digby, N.S. B0V 1A0
P.O. Box 820
Tel: (902) **245-2501**

Digby Mental Health Centre

3rd floor, Digby General Hospital -75 Warwick St. Digby, N.S. B0V 1A0
P.O. Box 820,
Tel: (902) **245-4709**

Mental Health Self-Referral (Intake) Line

Toll Free: **1-844-380-4324**

RCMP - Digby Detachment

129 Victoria St, Digby, NS B0V 1A0
P.O. Box 1149
Tel: (902) **245-2579**

RCMP - Meteghan Detachment

60 Connector Road, Box 178, Meteghan, N.S. B0W 2J0
Tel: (902) **645-2326**

Provincial Victim Services Program

164 Main Street, Suite 203, Yarmouth, N.S. B5A 1C2
Tel: (902) **749-2230** Toll free: **1-800-565-1805**

Mental Health Crisis Line

Toll free: **1-888-429-8167**

Residential School Survivors Crisis Line

Tel: **1-866-925-4419**

Yarmouth Sexual Assault Resources

Tri-County Women's Centre

12 Cumberland Street, Yarmouth, N.S B5A 3K3
Tel: (902) **742-0085** Toll free: **1-877-742-0085**

Sexual Assault Nurse Examiner (SANE)

Tel: (902) **742-0085** Toll free: **1-877-742-0085**

Juniper House

Yarmouth, N.S. B5A4K5
P.O. Box 842
Tel: (902) **742-8689** Toll free: **1-800-266-4087**

Yarmouth Regional Hospital Emergency Department

60 Vancouver Street, Yarmouth, N.S B5A 2P5
Main Line: (902) **749-2396**

Yarmouth Mental Health Centre

60 Vancouver Street, Yarmouth, N.S B5A 2P5
Tel: (902) **742-4222**

Mental Health Self-Referral (Intake) Line

Toll Free: **1-844-380-4324**

RCMP - Yarmouth Town Detachment

233 Water St, Yarmouth, NS B5A 1M1
P.O. Box 5050
Tel: (902) **742-8777**

RCMP - Yarmouth County Detachment

156 Starrs Rd, Yarmouth, NS B5A 4K6
Tel: (902) **742-9106**

Provincial Victim Services Program

164 Main Street, Suite 203, Yarmouth, N.S. B5A 1C2
Tel: (902) **749-2230** Toll free: **1-800-565-1805**

Mental Health Crisis Line

Toll free: **1-888-429-8167**

Residential School Survivors Crisis Line

Tel: **1-866-925-4419**

Shelburne Sexual Assault Resources

Tri-County Women's Centre Outreach Office

35 King Street, Shelburne, N.S. B0T 1W0
Tel: (902) **875-4777** Toll free: **1-877-742-0085**

Sexual Assault Nurse Examiner (SANE)

Tel: (902) **742-0085** Toll free: **1-877-742-0085**

Juniper House

P.O. Box 842 Yarmouth, N.S. B5A 4K5
Tel: (902) **742-8689** Toll free: **1-800-266-4087**

Roseway Hospital Emergency Department

Roseway Hospital -1606 Lake Road, Shelburne N.S B0T 1W0
P.O Box 610
Tel: (902) **875-3011**

Shelburne Mental Health Centre

2nd Floor, Roseway Hospital –
1606 Lake Road, Shelburne N.S.B0T 1W0
P.O Box 610
Tel: (902) **875-4200**

Mental Health Self-Referral (Intake) Line

Toll Free: **1-844-380-4324**

RCMP - Barrington Detachment

2486 Nova Scotia Trunk 3, Barrington, NS B0W 1E0
P.O. Box 38
Tel: (902) **637-2325**

RCMP Shelburne Detachment

200 Harriet St, Shelburne, NS B0T 1W0
P.O. Box 339,
Tel: (902) **875-2490**

Provincial Victim Services Program

164 Main Street, Suite 203, Yarmouth, N.S. B5A 1C2
Tel: (902) **749-2230** Toll free: **1-800-565-1805**

Mental Health Crisis Line

Toll free: **1-888-429-8167**

Residential School Survivors Crisis Line

Tel: **1-866-925-4419**

What to Say- It All Starts with Believing

People often wonder what they should say when someone tells them they were sexually assaulted. The last thing they want is to say the “wrong thing,” or somehow make the situation worse. Don’t worry! We’ve got you covered with these tips.

TIP 1 - START BY BELIEVING

Three little words make all the difference for survivors: **“I believe you.”** Remember, if you react with doubt or blame, they may never tell anyone else. You can help them get what they need.

TIP 2 - KEEP IT SIMPLE. KEEP IT SUPPORTIVE.

Simple responses work best. Remember, your focus is on supporting the survivor, not determining exactly what happened. So try some simple, supportive responses, like: **“I’m sorry this happened. I am here for you.” “You can tell me as little or as much as you like.” “It’s not your fault.” “I’m glad you told me. I’m so proud of you.”**

TIP 3 - AVOID ‘WHY’ QUESTIONS

You might be tempted to ask questions right away. “Why didn’t you call me for a ride?” “Why didn’t you tell me sooner?” Even with the best of intentions, questions like this can sound accusing and make the survivor blame themselves even more than they already do.

TIP 4 - ASK HOW YOU CAN HELP

When in doubt, simply ask how you can help. **“What can I do to support you?” “Do you want me to stay with you tonight?” “I can go with you to the hospital or police station.”**

Let the survivor know you are there for them, but always let them make the choice to accept your help or not.

Tips provided by:
<http://www.startbybelieving.org/>

Resource developed by:
Tri-County Women’s Centre
July 2017



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