

## What Should I Do?

Below are some options you can choose to take after being raped.

### First Steps

Find a safe environment - anywhere away from the attacker. Ask a trusted friend to stay with you for moral support. Know that what happened was not your fault.

Call your local Rape Crisis Hotline to get guidance and support. In San Francisco call **San Francisco Women Against Rape's 24-hour hotline at 415-647-7273 for free, confidential support.**

### Medical Attention & Evidence Collection

- Get medical attention. Even with no physical injuries, it is important to determine the risks of STDs and pregnancy.
- Preserve evidence of the attack - don't bathe or brush your teeth.
- Go to **SAN FRANCISCO GENERAL HOSPITAL'S EMERGENCY ROOM AT 1001 POTRERO AVENUE.** San Francisco General Hospital is the only hospital in San Francisco County that is fully prepared to conduct forensic evidence collection. Ask the hospital to conduct a **rape kit** exam to preserve forensic evidence. You can ask the nurse at the hospital for a **rape crisis advocate** from San Francisco Women Against rape to accompany you to the hospital to provide information and support during the exam.
- If you suspect you were drugged, ask that a urine sample be collected. The sample will need to be analyzed later on by a forensic lab.

### Involving the Police

You can choose to report the attack to police by calling 911 or have the police called when you go to the emergency room at San Francisco General Hospital. A counselor on **San Francisco Women Against Rape's Hotline 415-647-7273 or the National Sexual Assault Hotline at 1.800.656.HOPE** can help you understand the process of involving the police. Write down all the details you can recall about the attack & the attacker.

### Choosing Not to Report to the Police

If you know that you will never report, still consider:

**Call San Francisco Women Against Rape's Hotline at 415-647-RAPE or the National Sexual Assault Hotline at 1-800-656-HOPE** for free, confidential counseling, 24-hours a day.

Recognize that healing from rape takes time. Give yourself the time you need. Know that it's never too late to call. Even if the attack happened years ago, the National Sexual Assault Hotline or the National Sexual Assault Online Hotline can still help. Many victims do not realize they need help until months or years later.